

Microwave Shakshuka

INGREDIENTS

- 1/4 cup low-sodium marinara sauce
- 1/4 cup canned chickpeas, drained and rinsed
- 1/8 teaspoon red pepper flakes
- Pinch of salt
- 1 large egg
- Non-stick spray

TIME: 10 MINUTES
SERVINGS: 1



Adapted from: thekitchn.com



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PROCEDURE

1. Coat a microwave-safe, wide, shallow bowl with cooking spray. Add the marinara sauce, chickpeas, red pepper flakes, and salt, and stir to combine.
2. Make a well in the center of the sauce and crack the egg into the well. Pierce the center of the egg yolk once with a sharp paring knife. Cover the bowl with a damp paper towel. Microwave at 80% power for 1 minute. Continue cooking in 20-second bursts at 80% power until the white is set and yolk is at your preferred doneness, 3 to 4 bursts total.
3. Serve immediately

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