Microwave Shakshuka

Ingredients
1/2 cup crushed tomatoes
1/3 cup chickpeas
1 Tbsp chopped onion
1 Tbsp chopped bell pepper
1/2 Tbsp chopped parsley
1/2 Tbsp chopped cilantro
1/8 tsp cumin
pinch salt
1 egg
lemon to taste

Directions
1. In a microwave safe bowl, mix crushed tomatoes, chickpeas, onion, bell pepper, cumin, cilantro, parsley and salt.
2. Gently crack an egg in the middle.
3. Cover with plastic wrap.
4. Microwave for 2-4 minutes, or until the egg is cooked to your liking.
5. Sprinkle with extra parsley and squeeze lemon juice.
6. Enjoy with toast or on its own.

Note: If using salsa, you can skip the extra onion, bell pepper, cilantro and parsley.

Servings: 1
Prep time: 5 minutes
Cook time: 2-4 minutes
Total time: 10 minutes

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