

Eggplant Caponata

You can make the caponata and save it in a container to add to your next salad or serve along side a fish or chicken entrée.

½ lb. small Italian eggplant, diced into ½" cubes

3 Tablespoons golden raisins

1/3 cup chopped roasted red bell peppers (or sundried tomatoes and oil)

1/3 cup pitted chopped green and black olives

2 garlic cloves, peeled and minced fine (or roasted garlic)

1/4 cup red wine vinegar

1/2 teaspoon dried oregano or dried basil

2 Tablespoons olive oil

Directions:

1. Heat 1 Tablespoon olive oil in a skillet over medium high heat. Add the diced eggplant and sauté until browned and tender (approximately 10 minutes). Transfer eggplant to a bowl.
2. Add remaining caponata ingredients. Season with salt and pepper to tast. Set mixture aside.

Some variations on the recipe:

Eggplant Bruschetta: Add halved cherry tomatoes and feta to the caponata. Top toasted baguette slices with the mixture.

Caponata Pasta: Add a 14 ounce can of diced tomatoes and sauté the mixture in a skillet for a great sauce over pasta.

Recipe courtesy of Christina Dimacali, Clean Your Plate Chef Services and Cooking Instruction