

# Caponata

**Yields 4 cups**

Leftover caponata can be used as toppings for crostini and grilled chicken or stuffed into grilled cheese sandwiches.

- ¼ cup + 2 tablespoons olive oil
- 2 Japanese eggplants weighing approximately 6 ounces each, diced small
- 1 medium onion, diced small
- 1 clove garlic, minced
- 2 ribs celery, chopped
- 1 large carrot, finely chopped
- 1 pound ripe Roma tomatoes, chopped
- 2 tablespoons balsamic vinegar
- 2 teaspoons sugar
- ½ cup green olives, rinsed and roughly chopped
- ¼ teaspoon red pepper flakes
- 2 tablespoons capers, drained
- ¼ cup pine nuts, toasted
- Kosher salt, to taste
- Freshly ground pepper, to taste
- ¼ cup each chopped fresh parsley and basil
- 1½ teaspoon each minced fresh thyme and oregano leaves

**Instructions:** In a large skillet, heat ¼ cup olive oil over medium heat. Add eggplant and sauté until lightly browned, about 3-4 minutes. Remove eggplant to paper towels to drain.

In the same skillet, add remaining 2 tablespoons olive oil over medium heat. Add the onion, garlic, celery and carrot and sauté until the vegetables are soft but not browned, about 3-4 minutes.

Add the browned eggplant, tomatoes, vinegar, sugar, olives and red pepper flakes; bring to a boil. Lower heat and simmer, uncovered, stirring occasionally, until reduced to a thick sauce, about 5 minutes.

Add capers, nuts and salt and pepper to taste. Stir in herbs, cool and refrigerate.

**Per 2 tablespoons:** 40 calories, 1 g protein, 3 g carbohydrate, 3 g fat (0 saturated), 0 cholesterol, 101 mg sodium, 1 g fiber.