

# INGREDIENTS

2 pounds eggplant  
8oz celery  
8oz red onion  
8oz pitted green olives  
2oz pine nuts  
2oz fresh parsley or basil=  
1oz capers  
2oz raisins  
1- 6 ounce can tomato paste  
 $\frac{3}{4}$  cup olive oil  
 $\frac{1}{4}$  cup red wine vinegar  
2 Tbsp sugar  
1 tsp kosher salt  
 $\frac{1}{2}$  tsp black pepper



# INSTRUCTIONS

Pre-heat oven 425

Cut the eggplants into 1-inch cubes

Mix well with a olive oil, salt and pepper

Roast in oven for 25-30 minutes

Toast pine nuts in a dry pan  
being careful not to burn

Saute celery & red onion in olive oil  
for 2-3 minutes

Add 1-6oz can of tomato paste & cook  
for 3 more minutes

Add green olives, rinsed capers, raisins,  
sugar, pine nuts, & red wine vinegar

Cook for 5 minutes allowing the vinegar  
& sugar to cook through & incorporate

Add eggplant and gently mix it  
all together add fresh parsley or basil  
for garnish

Serve and enjoy!

## Caponata Siciliana



4-6 servings



45 minutes

Tastes even better the next  
day, if there's any left?

### Notes:

So many ways to use this dish, in  
pasta, spread it on a toasted  
baguette, sandwiches, or on some  
pizza!