



Eggplant Caponata

When eggplants are in season, what better way to use them than in a Caponata. Caponata is a sweet and sour Italian dish that typically combines eggplant, onions, peppers, tomatoes, garlic, and a blend of herbs. I love every variety of olives in almost any dish, so I added some extra olives! You're sure to love this delicious combination of vinegar, dates, olives, and of course the garnishes that go with it. Enjoy this recipe as a dip/appetizer, tossed in pasta, or on top of polenta.

INGREDIENTS

1½ pounds eggplant (1 large),
cut into ¾ inch cubes

1 red onion, diced

¼ teaspoon red pepper flakes

8 garlic cloves, chopped

2 celery stalks, diced

1 red peppers, diced

One 14-ounce can diced
tomatoes

3 tablespoons tomato paste

½ cup golden raisins

½ cup coarsely chopped
green olives

½ cup coarsely chopped
black olives

2 tablespoons capers,
rinsed and drained

¼ cup red wine vinegar

salt/pepper to taste

OPTIONAL: ½ cup water or veg
broth during the simmering stage

GARNISH:

2-3 tablespoons pine nuts
(optional)

¼ tablespoons mint, chopped

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ENTREES



PREP



COOK



SERVES

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Eggplant Caponata *continued...*

DIRECTIONS

1. Preheat oven to 425° degrees.
2. Place the diced eggplant on a parchment lined baking sheet. Bake/roast for 15-20 minutes or until golden and tender.
3. Sauté the onions and red pepper flakes in a large fry pan over medium/high heat. Add vegetable broth or water deglazing the pan during the sauté process. Cook the onions until tender. Add the garlic, celery, and peppers continuing to cook until the vegetables are tender.
4. Add the remaining ingredients (*except the garnishings*) and simmer over low heat for 20-30 minutes.
5. Allow to cool and serve over pasta garnishing with mint and/or pine nuts. You can also serve caponata at room temperature or chilled. This makes a great topping for toasted whole grain bread slices, or polenta.



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