

Recipe: Eggplant Caponata

Ingredients:

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| 1 eggplant, diced | 2 Tbsp. olive oil |
| 1 red bell pepper, diced | 2 Tbsp. capers |
| 1 red onion, diced | 1/4 cup Sicilian Olives |
| 2 tomatoes, diced | 2 Tbsp. red wine vinegar |
| 1 clove garlic | Salt & Pepper to taste |



Instructions:

1. Prepare ingredients and heat oil in skillet over medium heat
2. Add eggplant, pepper, onion, garlic and cook until eggplant is soft and brown, around 10-15 minutes
3. Add tomatoes with juice, capers, olives and vinegar
4. Cover and simmer until very tender, around 12 minutes
5. Season with salt and pepper
6. Serve and Enjoy!

This salsa can be served:

- 1- As an appetizer on toast points or baguette slices with goat cheese
- 2- As part of an entrée over fish or chicken

Nutrition : Entire Recipe

Servings depend on how you decide to serve caponata

Calories: 599

Protein: 12 grams

Sodium: 1036 mg

Potassium: 2679 mg

Fiber: 28 grams

Carb. Exchange: 4.5

EGGPLANT

- ⇒ In season locally July through November
- ⇒ Harvested at 3/4 their normal size, otherwise they taste sour and spongy
- ⇒ Actually considered a berry and is related to tomatoes!
- ⇒ Made of 90% water = low in calories!
- ⇒ Rich in Vitamins B6 & C, potassium and fiber, making them heart healthy!
- ⇒ Contain antioxidants that help balance blood cholesterol levels and reduce inflammation

