

Caponata

This sweet-tart Sicilian dish (pronounced kap-oh-NAH-tah) features sautéed eggplant, sweet pepper, onion, and celery spiked with vinegar and tomatoes.

Prep: 30 min. Cook: 35 min.

- 1 medium red sweet pepper, cut into bite-size pieces
- 2 tablespoons olive oil
- $\frac{3}{4}$ cup chopped onion (1 large)
- $\frac{1}{2}$ cup chopped celery
- $\frac{1}{2}$ of a 28-ounce can Italian-style whole peeled tomatoes in puree, drained
- $\frac{1}{2}$ cup chopped pitted green olives (or black)
- $\frac{1}{4}$ cup golden raisins (currants)
- 3 tablespoons white wine vinegar
- 1 tablespoon capers, rinsed and drained
- 1 teaspoon sugar
- $\frac{1}{4}$ teaspoon salt
- Dash cayenne pepper
- 1 medium eggplant, peeled and cut into 1-inch cubes
- 2 tablespoons olive oil
- $\frac{1}{4}$ cup pine nuts, lightly toasted*
- Toasted Italian bread

add 1 big garlic clove

1. In a large saucepan, cook sweet pepper in 2 tablespoons olive oil over medium heat for 5 to 8 minutes or until tender. Using a slotted spoon, remove pepper from pan; set aside. Add onion and celery. Cook for 5 to 8 minutes or just until tender.

2. Add tomatoes, olives, raisins, vinegar, capers, sugar, salt, and cayenne pepper to onion and celery in pan. Cook on low heat for 15 minutes, stirring occasionally. Stir in sweet pepper.

3. Meanwhile, in a very large skillet, cook eggplant, half at a time, in 2 tablespoons olive oil over medium heat about 5 minutes or until tender and browned. Transfer eggplant to paper towels to drain. Stir the eggplant into the tomato mixture. Cook, uncovered, for 10 minutes more.

4. Cool caponata to room temperature. Or cover and refrigerate overnight to allow the flavors to blend. Bring to room temperature before serving. Just before serving, stir in pine nuts. Serve caponata on toasted Italian bread. Makes 4 cups or 16 ($\frac{1}{4}$ -cup) servings.

***Note:** To toast pine nuts, spread in a shallow baking pan. Bake at 350°F for 4 to 6 minutes or until light golden brown.

Per serving: 173 cal., 9 g fat (1 g sat. fat), 0 mg chol., 361 mg sodium, 20 g carb., 2 g fiber, 4 g pro.