



Eggplant Caponata

Yield: 8 servings

Ingredients

- 4 cups chopped eggplant
- ¼ teaspoon kosher salt
- 1 whole wheat baguette
- 2 tablespoons extra virgin olive oil
- 1 cup diced celery
- ½ cup diced onion
- 1 teaspoon minced garlic
- 15 ounces canned diced tomatoes, no or low salt added
- 12 green olives, pitted and coarsely chopped, Castelvetrano olives preferably
- 2 tablespoons capers, drained
- 1 tablespoon tomato paste, no added salt
- ¼ teaspoon dried oregano

- 1 tablespoon red wine vinegar
- ¼ teaspoon ground black pepper
- 2 tablespoons chopped fresh parsley

Instructions

1. Combine eggplant with salt and place in colander over a bowl. Let sit about 30 minutes.
2. Meanwhile heat oven to 450 degrees. Slice baguette into ½ inch slices. Place on parchment lined baking sheet and drizzle with 1 tablespoon olive oil. Bake for about 7 minutes or until lightly golden brown.
3. Heat a large nonstick pan over medium heat. Add 1 tablespoon olive oil, celery and onion, cook for about 4 minutes until soft.
4. Add garlic and reserved eggplant. Keep cooking until eggplant gets soft about 7 minutes.
5. Add remaining ingredients, besides the parsley, and keep cooking eggplant mixture on low heat, about 15 minutes, until thickened.
6. Top baguette slices with eggplant mixture and garnish with fresh parsley.

Nutrition Information

Serving Size: ⅛ of recipe

- Calories: 145
- Total Fat: 4.5 g
- Monounsaturated Fat: 3 g
- Polyunsaturated Fat: 0.6 g
- Saturated Fat: 0.5 g
- Sodium: 368 mg
- Total Carbohydrate: 23.5 g
- Dietary Fiber: 3.7 g
- Sugars: 4.6 g
- Protein: 4 g

Source: Adapted from Allrecipes

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