

EGGPLANT CAPONATA

By Dr. Cindy Tanzar
(Standard, Vegan/Vegetarian & Maintenance Plans)

Caponata is a delicious Sicilian eggplant dish with many variations. Its flavors are savory and earthy, yet tangy. It can be served warm or at room temperature as a side dish, or as a topping for grilled chicken or fish. Making this dish ahead of time lets the flavors develop even further.

Makes 6-8 servings. One serving of this recipe is one cup and covers your vegetable and fat for one meal.



INGREDIENTS

- 1 large eggplant, cubed
- 1/4 cup extra virgin olive oil
- 1 small onion, diced
- 2 stalks celery, diced (optional)
- 1-14.5 oz can Italian or plain diced tomatoes (do not drain)
- 3 cloves garlic, minced
- 1/2-1 red Bell pepper, diced
- 1/2 cup green or kalamata olives, chopped



2 Tbsp capers
2 Tbsp red wine vinegar
Pink Himalayan salt and black pepper, to taste
1/4 fresh basil, chopped
1/4 cup toasted almonds, slivered or chopped (optional)

INSTRUCTIONS

Heat a large pot or skillet over medium heat. Pour half of the olive oil into the pan, then add the eggplant cubes. Add the rest of the oil on top of the eggplant. Cook until brown, about 5 minutes, stirring occasionally.

Add in the onion and celery and continue cooking for 10 minutes. Add the tomatoes, garlic, red Bell pepper, olives, capers, salt, pepper and vinegar. Stir occasionally for 5 minutes or until the red pepper is tender.

Sprinkle with fresh basil and toasted almonds to serve.