



# Italy



## Sicilian Style “Roasted Eggplant Caponata”

*6 Servings*

### Ingredients

- 2 cups – peeled, diced (1 inch cubes) eggplant
- 4 tbsp – olive oil
- 1½ tsp – kosher salt
- ¼ tsp – black pepper
- ½ cup – diced celery
- 1 cup – diced yellow onion
- 1 tbsp – tomato paste
- 1 cup – green olives
- 3 tbsp – granulated sugar
- ¼ cup red wine vinegar
- 2 tbsp – chopped fresh parsley

### Method

1. Toss the eggplant in 2 tbsp olive oil and ¾ tsp salt and 1/8 tsp black pepper.
2. Roast in a 400F degree oven until golden brown.
3. While the eggplant is roasting, heat 2 tbsp olive oil in a heavy bottom pot over medium high heat.
4. Add the celery and onion and cook until golden and softened.
5. Add the tomato paste, olives, crushed red pepper, sugar and vinegar and simmer five minutes.
6. Gently fold in the roasted eggplant and simmer for an additional 1 – 2 minutes.
7. Allow to rest 1 hour to mellow and then add the chopped parsley.

**Serve and Enjoy!**