

RECIPE | EGGPLANTS

# BABY EGGPLANT SICILIAN CAPONATA



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*Recipe created by Chef Rick Paniagua*

## INGREDIENTS

- 2 Pure Flavor® Baby Eggplants peeled and cut into half-inch cubes
- 12 oz Pure Flavor® Mini San Marzano Tomatoes
- 2 ¼ tbsp finely chopped celery
- 1/8 onion, finely chopped
- 1/8 garlic clove, minced
- 1 ½ green olives  
pitted and coarsely chopped
- ½ tsp drained capers
- 1/8 tsp minced basil
- ¾ teaspoon balsamic vinegar
- 1 cup tomato sauce
- 1 cup chopped parsley
- ½ cup olive oil

## DIRECTIONS

1. Heat half the olive oil in a large pan over medium heat. Add celery; cook, stirring often, until translucent. Add onion and garlic; do not let the garlic char. Cook for about 5 minutes or until onion become translucent. Remove ingredients from pan and set aside
2. Heat remaining olive oil in the skillet. Add eggplant and cook, stirring constantly, until lightly browned – 5 to 7 minutes. Stir in celery mixture, tomatoes, olives, capers, tomato sauce and basil. Cook on a low to medium heat until eggplants absorb the sauce and ingredients are tender – about 8-10 minutes.
3. Season caponata with remaining ingredients, to taste. Top with chopped parsley and serve!



**TOTAL TIME**

50 minutes

**PREP TIME**

25 minutes

**COOK TIME**

25 minutes

**SERVES**

4

**COOKING LEVEL**

Easy