

Eggplant Caponata

Ingredients

3 Tablespoons olive oil

1/2 yellow onion, **diced**

2 cloves garlic, **minced**

1 bell pepper, **diced**

1 eggplant, **peeled** and **diced**

1 zucchini, **diced**

1/2 teaspoon salt

1/4 teaspoon pepper

3 tomatoes, **diced**

1/2 cup raisins

1 Tablespoon red wine vinegar

Fresh herbs such as thyme, oregano or marjoram, **minced**

Directions

1. Heat olive oil in a **large** skillet, over medium heat. Add onions and **sauté** for 5 minutes **stirring** often. Add garlic and bell pepper, **sauté** for 1 more minute.
2. Add eggplant and zucchini and **sauté** until vegetables are tender, **stirring** occasionally. This should take about 4 minutes. Add salt and pepper.
3. Add the tomatoes, raisins and red wine vinegar and let **simmer** until thickened about 10 minutes.
4. Remove from heat and **stir** in your choice of fresh herbs. Serve warm or at room temperature.

Caponata may be served as a side dish, over pasta, rice, or crostini.