



Makes one 12-inch pizza
Preparation Time: 35 minutes
Cook Time: 25 minutes

INGREDIENTS:

1 medium eggplant, cut into
½-inch cubes (4½ cups)

1 cup finely chopped onion

½ cup finely chopped carrot

4 cloves garlic, minced

1 14.5-oz. can no-salt-added
diced tomatoes, undrained

¼ cup red wine vinegar

2 tablespoons no-salt-added
tomato paste

2 tablespoons capers, drained

2 teaspoons dried oregano,
crushed

1 teaspoon dried basil, crushed

1 teaspoon pure cane sugar

Sea salt, to taste

Freshly ground black pepper, to
taste

[1 recipe Homemade Oil-Free
Pizza Dough](#)

1 15-oz. can no-salt-added
butter beans, rinsed and drained
(1½ cups), mashed slightly

1 cup fresh arugula

Caponata Pizza

A popular Sicilian side dish or appetizer that can be served warm, chilled, or at room temperature, caponata prominently features plump chopped [eggplants](#), onions, tomatoes, vinegar, and olive oil. Our oil-free version makes for a hearty (and slightly messy) pizza topping in this tasty knife-and-fork meal. Tender veggies are simmered on the stove with diced tomatoes, Italian herbs, and a little red wine vinegar until everything transforms into a savory cross between a thick stew and a chunky marinara sauce. Here, we top a homemade whole wheat pizza crust with a spread of mashed butter beans and then spoon caponata on top. After baking in the oven to get a perfectly crisp crust, a sprinkling of fresh arugula leaves brings brightness to the hearty flavors of this [Mediterranean](#) masterpiece.

Tip: Leftover caponata also makes a great sandwich filling, dip, or foundation for a grain or pasta salad.

For more pizza inspiration, check out these tasty ideas:

- [Thai Green Curry Pizza](#)
- [Individual Grilled Pesto Pizzas](#)
- [BBQ Cauliflower and Pineapple Pizza](#)
- Or take a look at our full [collection of pizza recipes](#)

By Ellen Boeke

- 1 Preheat oven to 400°F. For caponata, in an extra-large skillet cook eggplant, onion, carrot, and garlic over medium 6 minutes or until vegetables are crisp-tender, stirring occasionally and adding water, 1 tablespoon at a time, as needed to prevent sticking. Stir in the next seven ingredients (through sugar). Bring to boiling; reduce heat. Simmer, uncovered, 15 minutes or until vegetables are tender and liquid is reduced. Season with salt and pepper. Let cool.
- 2 Place [Oil-Free Pizza Dough](#) on a large piece of parchment paper and roll into a 12-inch circle. Prick with a fork. Transfer dough (and parchment) to a baking sheet. Bake 8 minutes.
- 3 Spread beans over crust, leaving a ½-inch border. Top with caponata. Bake 8 to 10 minutes or until crust is golden and crisp. Top with arugula.