



**Makes 4½ cups**  
**Preparation Time: 35 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, or 2  
cups chopped tomatoes

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

Freshly ground black pepper, to  
taste

## Sicilian Caponata

A great way to showcase peak-season **eggplant**, caponata is a Sicilian relish that's delicious on pizza and sandwiches, stirred into soups, tossed in salads, or just spooned onto **crackers**. Eggplant gets sweet and saucy when simmered with onion, carrot, garlic, and tomatoes (canned or fresh). Red wine vinegar offers a subtle sour flavor, balancing the sweetness of the veggies, and capers add pops of briny tartness. This healthy version skips the added oil, making for a lighter relish, and it wouldn't be Sicilian without dried oregano and basil, delivering a fragrant bouquet to every bite. Serve this saucy Sicilian caponata warm, cold, or at room temperature. Make plenty—it tastes even better on the second and third days!

### Tips

**To Freeze:** Transfer cooled caponata to airtight containers; cover. Freeze for up to 3 months.

For more inspiration, check out these tasty ideas:

- [Chile-Garlic Sauce](#)
- [Ratatouille Bruschetta](#)
- [Roasted Tomato and Eggplant Soup](#)
- [Warm Spiced Eggplant Salad](#)

By Ellen Boeke

- 1 In an extra-large skillet cook eggplant, onion, carrot, and garlic over medium for 6 minutes or until vegetables are crisp-tender, stirring occasionally and adding water, 1 to 2 tablespoons at a time, as needed to prevent sticking. Stir in the next seven ingredients (through sugar). Bring to boiling; reduce heat. Simmer, uncovered, for 15 minutes or until vegetables are tender and liquid is reduced. Season with pepper. Let cool. Store in an airtight container in the refrigerator for up to 1 week.