

## Eggplant Caponata - Vegetarian

Recipe by  
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Yield: 4 servings

### Ingredients:

- 1 lb eggplant, cubed
- ¼ cup olive oil
- 1 yellow onion, diced
- 4 cloves garlic, minced
- 1 can diced tomatoes with liquid
- 1 red bell pepper, diced
- ½ cup green/black olives
- ¼ cup capers (optional)
- 1 tsp salt
- ¼ tsp pepper

*Remember to save and freeze all vegetable scraps to make your own vegetable stock for next time!*

### Directions:

1. Preheat oven to 400°F.
2. Line a baking sheet with parchment paper. Place eggplant on the baking sheet and drizzle with 2 tsp of olive oil. Roast in the oven for 20 minutes.
3. Meanwhile, heat remaining olive oil in a pan over medium heat.
4. Sauté onion and garlic until translucent.
5. Add diced tomatoes and peppers to the pan. Allow to cook for 10 minutes.
6. Add in cooked eggplant, olives and capers. Continue to cook for 5 minutes until heated through.
7. Season with salt and pepper.
8. Serve over your choice of crusty bread, rice or pasta.

## Produce Storage Tip...

Broccoli requires ample air circulation to stay fresh. Therefore, broccoli will not last as long if it is in a container or storage bag. Instead, store broccoli on a shelf in the fridge, wrapped loosely in damp paper towel. Broccoli can also be chopped up and frozen.

