

Sicilian Aubergine (eggplant) Caponata

Yield: 6 min
Total Time: 65 min

Recipe from: <https://www.recipeschoose.com/recipes/eggplant-caponata-recipe-italian-recipes>

Ingredients:

- 6 tablespoons olive oil
- 3 aubergines medium or 2 large, cut into 2-3cm chunks
- 1 teaspoon dried oregano
- 1 teaspoon sea salt
- 1 teaspoon freshly ground black pepper
- 3 celery stalks chopped
- 1 yellow onion large, peeled and finely chopped
- 2 cloves garlic peeled and finely sliced
- 1 bunch leaf parsley fresh flat-, roughly chopped, plus extra to garnish
- 2 tablespoons capers
- 1 tablespoon white wine vinegar
- 1 tablespoon balsamic vinegar
- 1 tablespoon maple syrup
- 5 tomatoes large ripe, roughly chopped
- 1 tablespoon tomato paste
- 2 tablespoons pine nuts toasted

Nutrition:

1. Calories: 250 calories
2. Carbohydrate: 27 grams
3. Fat: 15 grams
4. Fiber: 10 grams
5. Protein: 5 grams
6. SaturatedFat: 2 grams
7. Sodium: 520 milligrams
8. Sugar: 12 grams

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