

Sicilian Caponata

Yield: 9 min
Total Time: 65 min

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

Ingredients:

- olive oil for frying
- 2 eggplants about 1 lb. each, trimmed and cut into 1-inch cubes
- 2 yellow bell peppers or red, seeded and cut into 1/2-inch squares
- 2 yellow onions large, cut into 1/2-inch cubes
- 3 celery stalks tender inner, sliced
- 3 tomatoes ripe, seeded and chopped
- 1 cup pitted green olives chopped
- 1/3 cup raisins
- 2 tablespoons capers rinsed and drained
- 2 tablespoons sugar
- 2 tablespoons red wine vinegar
- sea salt to taste
- 1/4 cup sliced almonds toasted
- Italian bread Crusty, or focaccia for serving

Nutrition:

1. Calories: 150 calories
2. Carbohydrate: 23 grams
3. Fat: 6 grams
4. Fiber: 6 grams
5. Protein: 4 grams
6. SaturatedFat: 1 grams
7. Sodium: 420 milligrams
8. Sugar: 10 grams

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