

EGGPLANT CAPONATA

🍴 6 SERVINGS ⌚ 30 MINUTES

INGREDIENTS

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| 1 ½ pounds eggplant | ¼ cup olive oil |
| 1 celery rib | 1 14-ounce can crushed tomatoes |
| 1 medium red onion | 2 tablespoons balsamic vinegar |
| ½ red bell pepper | 1 tablespoon sugar |
| 2 tablespoons capers, drained | Salt and pepper to taste |
| 3 garlic cloves | Basil and toasted pine nuts, for garnish (optional) |

DIRECTIONS

1. Dice eggplant into ½ inch cubes. Dice the red bell pepper into ½ inch cubes. Dice celery into ¼ inch cubes. Dice red onion into ¼ inch cubes. Mince the capers and garlic.
2. In a large saute pan, heat the olive oil over medium heat for 2 minutes.
3. Add the onion and saute for 5 minutes, stirring occasionally. Add the capers, celery and cook for 2 minutes. Add eggplant and bell pepper and saute for 10 minutes until the eggplant is soft and slightly browned.
4. Stir in the crushed tomatoes, balsamic vinegar, and sugar. Cover and simmer on low for 10 minutes, stirring once, until very tender. Season with salt and pepper to taste. Serve warm, garnished with chopped basil and toasted pine nuts.

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QUICK TIPS

- Most eggplants' deep purple color comes from a plant pigment called anthocyanin which can protect cellular damage in the body.
- Eggplants are also a good source of fiber which may help with soothing digestive issues.

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EGGPLANT CAPONATA

茄子卡波纳塔

👤 6人份

🕒 30分钟

用料

1½ 磅 茄子

1 条芹菜

1 粒中等红洋葱

½ 粒红灯笼椒

2 汤匙 刺山柑(capers), 沥干

3 瓣蒜

¼ 杯 橄榄油

1 14盎司 罐装碎番茄

2 汤匙意大利香醋

1 汤匙糖

盐和胡椒粉调味

九层塔和松子, 点缀 (可选)

步骤

1. 将茄子切成 ½ 寸粒。将红灯笼椒切成 ½ 寸粒。将芹菜切成 1/4 寸粒。将红洋葱切成 1/4 寸粒。将刺山柑(capers)和大蒜切碎。
2. 在一个大煎锅中, 用中火加热橄榄油 2 分钟。
3. 加入洋葱, 炒 5 分钟, 偶尔搅拌。加入刺山柑(capers)、芹菜, 煮 2 分钟。加入茄子和甜椒, 炒 10 分钟, 直至茄子变软并开始变金黄。
4. 加入碎番茄、意大利香醋和糖。盖上盖子, 小火煮 10 分钟, 搅拌一次, 直至非常软。盐和胡椒调味。趁热食用, 点缀切碎的九层塔和烤松子。

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小貼士

- 大多數茄子的深紫色來自一種叫做花青素的植物色素, 它可以保護體內的細胞損傷
- 茄子也是纖維的良好來源, 有助於緩解消化問題。

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茄子卡波纳塔