

Caponata Dip

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*1/4 cup olive oil
2 eggplants, peeled and chopped
1 red onion, chopped
1/2 teaspoon salt
pepper (to taste)
2 cloves garlic, minced
1/2 teaspoon dried oregano
1/2 cup tomato puree'
2 tablespoons capers
2 tablespoons dried currants
2 tablespoons white wine vinegar
1 teaspoon sugar
salt (to taste)*

In a large nonstick skillet over medium-high, heat the olive oil. Add the eggplants, onion and salt. Season with pepper. Cook, stirring, until the eggplant is tender and browned, about 10 minutes.

Add the garlic and oregano. Cook for 30 seconds. Stir in the tomato puree', capers, currants, vinegar and sugar. Let cool.

Pulse the mixture in a food processor. Season with salt.

Per Serving (excluding unknown items): 861 Calories; 56g Fat (54.9% calories from fat); 12g Protein; 91g Carbohydrate; 27g Dietary Fiber; 0mg Cholesterol; 1256mg Sodium. Exchanges: 0 Grain(Starch); 14 Vegetable; 1 Fruit; 11 Fat; 1/2 Other Carbohydrates.