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# Caponata

*Elizabeth St. John Weinstein*

*Party Recipes from the Charleston Junior League - 1993*

**olive oil**

**1 medium (2-1/2 cups) eggplant, diced**

**1 medium onion, chopped**

**1/2 to 3/4 cup chopped celery**

**1 can (4-1/4 ounce) chopped black olives, drained**

**1 can (15 ounces) tomato sauce**

**salt (to taste)**

**freshly ground pepper (to taste)**

**2 tablespoons red wine vinegar**

**3 tablespoons capers, drained**

**1 tablespoon sugar**

In a saute' pan, heat 1/4 cup of olive oil. Add some of the eggplant (you will need to saute' it in batches, adding more oil as needed) and saute' until browned. Remove the eggplant and set aside.

Adding more oil, if necessary, saute' the onion and celery in the same pan. Add the olives, tomato sauce, salt, pepper and the saute'ed eggplant.

Simmer, covered, for 30 minutes. Add the vinegar, capers and sugar. Simmer for an additional 15 minutes.

Cool to room temperature. Serve in pastry cups or with crisp crackers.

Yield: 2 1/2 cups

## **Appetizers**

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*Per Serving (excluding unknown items): 300 Calories; 1g Fat (4.0% calories from fat); 10g Protein; 71g Carbohydrate; 18g Dietary Fiber; 0mg Cholesterol; 1784mg Sodium. Exchanges: 10 1/2 Vegetable; 1 Other Carbohydrates.*