

Eggplant Caponata with Barilla Marinara Sauce, Fresh Parsley and Sorrento Ricotta Cheese

Barilla America, Inc.

Publix Grape Magazine - Summer 2012

2 cups Barilla marinara sauce
2 cups Sorrento Ricotta cheese
20 slices French baguette bread
1 small onion, diced
4 tablespoons olive oil
1 eggplant, peeled and diced
1 cup water
1/4 cup red wine vinegar
2 tablespoons parsley, chopped
salt (to taste)
black pepper (to taste)

Preheat the oven to 375 degrees.

Place the sliced bread on a sheet tray and brush each one with olive oil. Season with salt and pepper.

Bake until lightly browned. Remove from the oven to cool down.

In a large skillet, saute' the onions in olive oil until cooked through and lightly browned.

Add the diced eggplant and saute' for 3 to 4 minutes.

Deglaze with red wine vinegar.

Add the Barilla marinara sauce and water. Bring to a simmer.

Season with salt and pepper.

Cook until thickened and not watery.

Remove from the heat and cool down.

Once cool, place the sliced bread on a plate. Top with one tablespoon of the ricotta cheese and a heaping tablespoon of the caponata mixture.

Garnish with parsley.

Per Serving (excluding unknown items): 649 Calories; 55g Fat (72.3% calories from fat); 6g Protein; 41g Carbohydrate; 14g Dietary Fiber; 0mg Cholesterol; 29mg Sodium. Exchanges: 7 Vegetable; 11 Fat; 0 Other Carbohydrates.