



Mom's Garden Caponata (basic recipe)

You can increase proportions for larger serving.

Try to keep all the vegetables the same size.

- 1 medium Italian eggplant, peeled and cubed
- 1 medium zucchini, cubed
- 1 medium red pepper, chopped
- 1 medium green pepper, chopped
- 1 medium yellow onion, chopped
- 1 small red onion, chopped
- 3 cloves garlic cut into pieces
- 1 T chopped fresh parsley
- 1 T chopped fresh basil
- 1 teas dried thyme
- ½ teas salt
- ¼ teas black pepper
- 4 T olive oil
- 3 T balsamic vinegar

Heat 2T oil in a skillet. Add peppers and onions, and saute about 3 minutes. Add another tablespoon of oil, and eggplant to the pan and saute another 4 minutes.

Add final tablespoon of oil and the zucchini, garlic and seasonings. Saute until eggplant is tender. Turn off the heat, add the balsamic vinegar and cover. Let it sit for 5 minutes.

Store in a jar in the fridge for a week. Great as a cold side dish, or on crisp Italian bread, or even heated.