

## Ingredients

|                            |  |
|----------------------------|--|
| 4 eggplant, diced          | 1/2 cup lightly toasted pine nuts        |
| 4 Tbsp olive oil           | 4 Tbsp capers, drained                   |
| 1/2 tsp salt               | 2 Tbsp honey                             |
| 2 cups yellow onion, diced | 1/2 tsp crushed red pepper flakes        |
| 2 cups celery, diced       | 1/2 cup green olives, minced for garnish |
| 8 cloves garlic, minced    | 16 oz whole grain angel hair pasta       |
| 8 Roma tomatoes, chopped   |  |
| 1/2 cup red wine vinegar   |  |

## Nutrition Information Per Serving

Serving Size: 1 cup Caponata,  
1/2 cup noodles

Serves 12

Calories: 270

Fat: 10 gm

Sodium: 210 mg

Fiber: 9 gm

Carbohydrates: 41 gm

Protein: 7 gm

Sugar: 12 gm

## Instructions

Preheat oven to 400 degrees. Toss the eggplant with 2 Tbsp oil and sprinkle with salt. Spread eggplant in a single layer on baking sheet. Bake eggplant for 25 minutes, until tender. Heat remaining 2 Tbsp oil in pan; add onion, celery and garlic and cook over medium heat until onions are translucent, about 4-5 minutes, stirring occasionally. Add tomatoes and eggplant; continue to cook for 3 minutes. Add vinegar, pine nuts, capers, honey and pepper flakes. Cook for about 5 minutes, stirring often, until tomatoes are tender and vegetables are melding together.

Serve over angel hair pasta. Garnish with green olives.