

## Ingredients

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

## Nutrition Information Per Serving

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

Serves 6

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°F. Toss the eggplant with 1 Tbsp oil and sprinkle with salt. Spread eggplant in a single layer on baking sheet. Bake eggplant for 25 minutes, until tender. Heat remaining 1Tbsp 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.