

## **Caponata with Garlic Crostini**

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PREPARATION TIME: 30 minutes

COOKING TIME: 15 minutes

### **INGREDIENTS:**

#### **Caponata:**

1 C coarsely chopped Vidalia or other sweet onion  
4 C diced eggplant (about 1 lb)                      1 TBS olive oil  
1/2 C diced red bell pepper                              1/2 C diced yellow bell pepper  
1 garlic clove, minced                                      1 TBS brown sugar  
2 TBS fresh lemon juice                                   1/2 tsp salt  
1/4 C golden raisins                                        2 TBS capers, drained  
1 TBS pine nuts, toasted  
2 TBS chopped fresh or 2 teaspoons dried basil

#### **Crostini:**

24 (1/2"-thick) slices diagonally cut French bread baguette (about 10 oz)  
1 garlic clove, halved  
Olive oil-flavored cooking spray

### **INSTRUCTIONS:**

To prepare Caponata: heat oil in large nonstick skillet over medium-high heat. Add eggplant, onion, bell peppers and minced garlic - sauté 5 minutes. Stir in sugar, lemon juice and salt - cook 1 minute. Stir in raisins, capers and pine nuts. Place eggplant mixture in a large bowl - stir in basil.

Preheat oven to 375°.

To prepare crostini: place bread slices on baking sheet. Bake 7 minutes at 375° or till toasted. Rub cut sides of garlic clove over one side of each bread slice. Coat bread slices with cooking spray - bake an additional 2 minutes. Serve caponata with crostini.

YIELD: 8 servings (serving size: 1/3 C caponata + 3 crostini)

[NUTRITIONAL INFO: calories: 174, carbohydrates: 31.4 g, cholesterol: 0 mg, fat: 3.8 g, sodium: 552 mg, protein: 4.9 g, calcium: 44 mg, iron: 1.6 mg, fiber: 3.2 g]