

Caponata – Italian Veg Dish

Makes: 6 cups

Ingredients

6 tablespoons extra-virgin olive oil
450g Aubergine peeled and diced
1 large onion, diced
2 cloves garlic, minced
3 stalks celery, diced
1 tin of plum tomatoes, diced
1 teaspoon Xylitol or sugar substitute
1 tablespoon red-wine or white-wine vinegar,
1 teaspoon salt
Freshly ground pepper to taste
15 small pitted green olives, quartered
1 tablespoon capers, rinsed
2 tablespoons chopped fresh basil
2 tablespoons lightly toasted pine nuts



Instructions

1. Heat 4 tablespoons oil in a 12-inch nonstick pan over medium heat. Add Aubergine and cook, stirring occasionally, until lightly browned and soft, 5 to 10 minutes. Transfer to a plate.
2. Heat the remaining 2 tablespoons oil in the pan. Add onion and cook, stirring frequently, until soft and lightly golden, 6 to 8 minutes. Stir in garlic and cook, stirring, for 30 seconds. (If the pan seems too dry, push the onion and garlic to the side, add a drizzle of oil, then continue cooking.)
3. Stir in celery; cook, stirring frequently, until softened and slightly golden, 5 to 7 minutes. Stir in tomatoes; cook, stirring, about 2 minutes. Return the aubergine to the pan; stir until well combined. Sprinkle Xylitol over the mixture, stir to combine and cook for about 30 seconds. Stir in vinegar, salt and pepper. Stir in olives and capers; cook for 1 minute. Remove the pan from the heat. Stir in basil and pine nuts.

Nutrition information:

Each Serving: 1 Cup
Kcal 289
Fat 5g
Net Carbs 8g
Protein 3g