

PANZANELLA CAPONATA

Ingredients

- 5 tablespoons extra virgin olive oil, divided
- 1 large eggplant, cut into 1-inch pieces
- ½ red onion, chopped
- 1 large clove garlic, minced
- 1 teaspoon dried thyme or oregano
- 2 tablespoons red wine vinegar
- 2 cups fresh tomatoes, chopped
- 1 tablespoon capers
- ¼ cup green olives, pitted and chopped
- 4 cups torn whole grain sourdough bread pieces
- ¼ teaspoon fine sea salt
- ¼ teaspoon black pepper
- ¼ teaspoon red pepper flakes
- ¼ cup fresh parsley, chopped

Directions

1. Preheat oven to 350°F.
2. Heat 3 tablespoons of olive oil in a large pot over medium heat. Add eggplant and sauté about 5 minutes, stirring occasionally to prevent sticking. Add onions, garlic, thyme, salt, black pepper, and red pepper, cooking until fragrant (up to 3 minutes). Add olive oil if necessary to prevent sticking.
3. Add vinegar, tomatoes, capers, and olives. Simmer 10–15 minutes, until tomatoes and eggplant are soft. Remove from heat.
4. Meanwhile, place bread pieces on glass baking sheet and toss in 2 tablespoons of olive oil, coating evenly. Bake until golden brown, up to 15 minutes.
5. Add bread pieces to vegetable mixture and top with chopped parsley just before serving.

45 MINUTES | SERVES 6

Nutrition Facts

222 calories | 13g fat | 2g saturated fat | 456mg sodium | 22g carbohydrate | 5g fiber | 7g sugar | 4g protein