EGGPLANT ALLA NAPOLETANA

This is adapted from Isa Chandra Moskowitz's cookbook, *Vegan with a Vengeance*.

Ingredients:

1 can artichoke hearts, drained and liquid reserved
Liquid from artichoke hearts*
Sherry, white wine, veg broth or water, as needed
1 medium to large eggplant or two small ones, trimmed and diced
1/4 tsp salt
1 onion, finely chopped
2 garlic cloves, minced
1 bell pepper, any color, trimmed and diced
1 zucchini, trimmed and diced (optional)
1/2 tsp each dried basil, oregano and thyme

1 15-oz can of tomatoes, preferably fire-roasted**
1/2 cup sliced pitted Kalamata olives
1/4 cup capers, drained

1/2 to 3/4 pound whole-grain pasta

Optional garnishes:
- Chopped fresh Italian/flat leaf parsley
- Lightly toasted walnuts

*The artichoke liquid is very flavorful and you use it here to braise or poach the eggplant. If you need more liquid, use sherry, white wine, vegetable broth, or water.

**If you have fresh tomatoes, use 2-3 cups of chopped fresh tomatoes instead of the canned product.

Directions:

Open the can of artichokes and pour off the liquid into a bowl or jar. Set aside the artichokes.

Pour the artichoke liquid into a large saucepan or pot. Add the eggplant cubes and sprinkle on 1/4 tsp salt. Cook them at medium heat until they start to become somewhat translucent, about 3 minutes. Add the onion, garlic, bell pepper, zucchini if using, and herbs, and cook 5 minutes at medium heat, adding more liquid as necessary to keep the vegetables from sticking.

Add the tomatoes, olives and capers, and bring to a simmer. Cook about 15 minutes.

Serve over 1/2 to 3/4 lb pasta cooked according to package directions, or another whole grain of your choice.

You can serve this dish hot, but it also works well served cold or at room temperature, like a pasta salad.

EGGPLANT ALLA NAPOLETANA



