

# Bruschette con Caponata alla Siciliana

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## SICILIAN TOAST WITH EGGPLANT RELISH

*This chunky eggplant relish can be made ahead and served hot or cold. Salting eggplant before cooking draws out excess moisture and gives eggplant a denser texture, so that it absorbs less oil when cooked. Most of the salt is rinsed off before cooking.*

- 1 eggplant (aubergine), about 1 lb (500 g), peeled and cut into ½-in (12-mm) cubes
- 1 teaspoon salt
- ¼ cup (2 fl oz/60 ml) olive oil
- 4 ribs celery, thinly sliced
- 1 onion, diced
- 3 cloves garlic, minced
- 1 tablespoon capers
- 2 tablespoons pine nuts, toasted
- 2 tablespoons raisins
- 2 teaspoons sugar
- ¼ cup (2 fl oz/60 ml) red wine vinegar
- 1 cup (6 oz/185 g) peeled and diced ripe tomato
- salt and freshly ground pepper to taste
- 16 slices fresh country-style bread, toasted
- 1 cup (1½ oz/40 g) chopped fresh basil

*Clockwise from top: Tuscan-Style Rosemary Chicken; Stuffed Tomatoes, Sicilian Toast with Eggplant Relish*

1. Arrange 3 layers of paper towels on a sheet pan. Spread the eggplant on top, and sprinkle it with the teaspoon of salt. Let stand for 10 minutes. Rinse, and pat dry with paper towels.
2. In a large sauté pan, heat the olive oil, and cook the celery, onion and garlic until golden, about 3–4 minutes. Add the eggplant, and cook 2–3 minutes, until soft.
3. Add the capers, pine nuts, raisins, sugar and vinegar. Cook until the vinegar evaporates, about 3 minutes.
4. Add the tomato, and heat through, about 2 minutes. Season with the salt and pepper.

5. Spoon over the toasted bread slices, and top with the basil. Serve hot or cold.

**Serves 8 (2 slices each)**

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*2 slices per serving: Calories 280, Protein 8 g, Carbohydrates 44 g, Fiber 4 g, Total fat 8 g (Saturated 1 g, Monounsaturated 6 g, Polyunsaturated 1 g), Cholesterol 0 mg, Sodium 600 mg.*

▲ 2 Bread, 2 Vegetable