

Eggplant Pomodoro Pasta

From – *eatingwell.com*

2 Tbsp extra virgin olive oil
1 medium eggplant (about 1 lb), cut into ½” cubes
2 cloves garlic, minced
4 tomatoes, diced
1/3 cup pitted green olives, chopped
2 Tbsp red wine vinegar
4 tsp capers, rinsed
¾ tsp salt
½ tsp freshly ground pepper
¼ ts crushed red pepper (optional)
12 oz whole wheat angel hair pasta
¼ cup chopped fresh parsley or basil

- Put a pot of water on to boil.
- Heat oil in a large nonstick skillet over medium heat.
- Add eggplant and cook, stirring occasionally, until just softened, about 5 minutes.
- Add garlic and cook, stirring, until fragrant, 30 seconds to 1 minute.
- Add tomatoes, olives, vinegar, capers, salt, pepper and crushed red pepper and cook, stirring, until the tomatoes begin to break down, 5 to 7 minutes more.
- Meanwhile, cook pasta in boiling water until just tender.
- Drain and divide the pasta among 6 shallow bowls,
- Spoon the sauce over the pasta and sprinkle parsley (or basil) on top.



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