



Lemony Eggplant Caponata

This sweet and tart Sicilian relish can serve double as either a tangy topping for bruschetta or tossed with hot cooked pasta and shaved with Parmesan. Either way, drizzle on some extra virgin oil just before serving.

- 1 cup finely chopped onion (about 1 medium)
- 2 pounds tomatoes, cored and cubed
- 1 yellow bell pepper, cored and chopped
- 6 cups diced eggplant
- 2 teaspoons garlic powder
- ½ teaspoon dried oregano
- 2 teaspoons salt
- 1 teaspoon pepper
- 1/3 cup chopped green olives
- ¼ cup capers
- 1 Tablespoon lemon zest
- 2 Tablespoons honey
- ½ cup commercially bottled lemon juice



In a large stainless saucepan, combine onion, tomatoes, yellow bell pepper, eggplant, garlic, oregano, salt, and pepper. Bring to a boil over high heat, stirring frequently. Reduce heat and simmer gently, stirring frequently, until thickened, about an hour.

Stir in olives, capers, lemon zest, honey, and lemon juice. Return to a boil and continue to simmer, stirring occasionally for an additional 10 minutes or until the mixture is thick and the juice is absorbed.

Ladle hot caponata into hot, clean (8-ounce) jars leaving ½ inch headspace. Remove air bubbles and adjust headspace if necessary. Wipe rims. Place lids and rings on jar and tighten until resistance is met, then increase to fingertip tight.

Place jars in canner, ensuring they are covered by 1-2 inches of water. Bring to a boil and set timer to process in gently boiling water for 35 minutes. After processing, turn off heat, remove canner lid and leave jar in water for an additional 5 minutes. Remove jars and place on towel or rack to cool for 12-24 hours away from drafts. After 24 hours, check to make sure jars have sealed. Remove rings, wash, and dry jars thoroughly and store in a cool dark, place.

Yield: about 7-8 (8-oz) jars

Source: Ball Complete Book of Home Preserving, Judi Kingry and Lauren Devine, Robert Rose Publishers, 2020 copyright, 2020, page 370.

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