Eggplant Antipasti (Caponata)

1 Eggplant peeled and cubed

2 T olive oil

1 medium zuchinni, chopped

1 large onion, chopped

3 cloves garlic, minced

½ cup diced celery

1 carrot chopped

1 green bell pepper, chopped

1 ½ cups chopped roma tomatoes

¼ cup chopped fresh parsley

2 T tomato paste

1 ½ tsp dried basil

¼ cup red wine vinegar or balsamic vinegar

1 tsp agave syrup

¼ cup diced stuffed green olives

¼ cup diced black olives

2 T capers

No salt seasoning

Sprinkle a little salt over eggplant cubes and place in colander. Allow to drain for 30 minutes. In a skillet, heat oil and sauté eggplant and zucchini until lightly browned. Add onion, celery and carrot for an additional 10 minutes. Add remaining ingredients and pour into casserole dish with cover. Place in 375 degree oven and cook for about 45 minutes until vegetables are just tender. Serve hot or cold.

Serves 4