EGGPLANT AND ARTICHOKE ALLA NAPOLETANO

This recipe is adapted from Isa Chandra Moskowitz's cookbook, *Vegan with a Vengeance*. It uses her ingredients and puts them together in a different way.

1 can artichoke hearts, drained and liquid reserved
Liquid from artichoke hearts*
Sherry, white wine, or dry vermouth (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

Pasta or other grain

*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, dry vermouth, veggie broth, or water.

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

Open the can of artichokes and pour off the liquid into a bowl or jar. You are going to use this to braise the eggplant. Set aside the artichokes.

In a large saucepan or pot, pour in the artichoke liquid. Add the eggplant cubes and sprinkle on 1/4 tsp salt. Cook them at medium-high heat until they start to become somewhat translucent. Add the onion, garlic, pepper 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 5 minutes. You will need to cook the mixture somewhat longer if you use fresh tomatoes.

Serve over the grain of your choice: 1/2 to 3/4 lb pasta cooked according to package directions, polenta, quinoa, brown rice, farro, etc.

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



