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Eggplant Pomodoro Pasta

From EatingWell: [July/August 2009 Download Your FREE Slow-Cooker Cookbook!](#)

Diced eggplant turns tender and tasty sautéed with garlic and olive oil. Toss with fresh plum tomatoes, green olives and capers and you have a simple light summer sauce. We like it over angel hair pasta, but any type of pasta will work. Serve with freshly grated Parmesan cheese and a mixed green salad.

READER'S COMMENT:

"Love it - make it a day ahead, mix it with the pasta, and the next day the flavors have blended fabulously. I am making it as a spread for a luncheon tomorrow. Have made it numerous times, fed it to friends, and they have loved it, too. "



6 servings

Active Time: 35 minutes

Total Time: 35 minutes

NUTRITION PROFILE

[Diabetes appropriate](#) | [Low calorie](#) | [Low cholesterol](#) | [Low saturated fat](#) | [Low sodium](#) | [Heart healthy](#) | [Healthy weight](#) | [High fiber](#) | [View Our Nutrition Guidelines »](#)

INGREDIENTS

- 2 tablespoons extra-virgin olive oil
- 1 medium eggplant, (about 1 pound), cut into 1/2-inch cubes
- 2 cloves garlic, minced
- 4 plum tomatoes, diced
- 1/3 cup chopped pitted green olives
- 2 tablespoons red-wine vinegar
- 4 teaspoons capers, rinsed
- 3/4 teaspoon salt
- 1/2 teaspoon freshly ground pepper
- 1/4 teaspoon crushed red pepper, (optional)
- 12 ounces whole-wheat angel hair pasta
- 1/4 cup chopped fresh parsley, or basil

PREPARATION

1. Put a pot of water on to boil.
2. 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 (if using) and cook, stirring, until the tomatoes begin to break down, 5 to 7 minutes more.

3. Meanwhile, cook pasta in boiling water until just tender, about 6 minutes or according to package directions. Drain and divide the pasta among 6 shallow bowls. Spoon the sauce over the pasta and sprinkle parsley (or basil) on top.

NUTRITION

Per serving: 282 calories; 7 g fat (1 g sat , 5 g mono); 0 mg cholesterol; 50 g carbohydrates; 0 g added sugars; 10 g protein; 11 g fiber; 467 mg sodium; 416 mg potassium.

Nutrition Bonus: Magnesium (25% daily value), Vitamin C (18% dv), Folate & Iron (15% dv).

Carbohydrate Servings: 2 1/2

Exchanges: 3 starch, 1 vegetable, 1 fat



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