
Eggplant Antipasto

Gene Polar - New York

North American Potpourri - Autism Directory Service, Inc - 1993

2 large eggplants
2 small to medium onions
4 cloves garlic, minced
8 or 10 ounces stuffed pimiento olives
2/3 cup green pepper
1 1/2 cups sliced mushrooms
1 can (16 ounce) tomato paste
2/3 cup olive oil (for saute'ing)
1/2 cup water
1 teaspoon sugar
1 1/2 teaspoons salt
1 teaspoon black pepper
4 tablespoons wine vinegar
1/2 teaspoon oregano

Peel the eggplant and cube into small pieces. Chop the pepper and onion (a food processor works well).

Place the eggplant, pepper, onion, mushroom, garlic and oil in a large skillet or electric frying pan. Cover and cook for 10 minutes or a little longer. Stir a few times.

In a bowl, combine the tomato paste, water, vinegar, sugar and spices. Add to the skillet. Add in the olives without the liquid. Simmer, covered, for 30 minutes.

Divide the mixture into two portions, whatever might be appropriate for the occasion. Refrigerate or freeze.

Serve with rice crackers of any flavor (sesame, onion, etc.).

Side Dishes

Per Serving (excluding unknown items): 532 Calories; 3g Fat (5.1% calories from fat); 21g Protein; 125g Carbohydrate; 36g Dietary Fiber; 0mg Cholesterol; 4280mg Sodium. Exchanges: 0 Grain(Starch); 22 Vegetable; 0 Fat; 1/2 Other Carbohydrates.