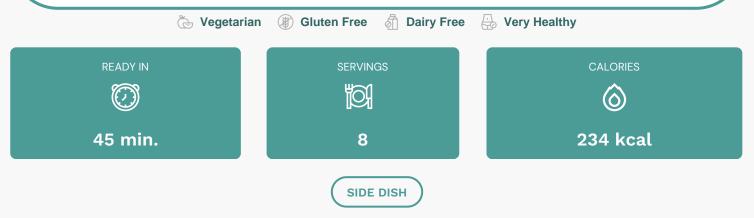


Braised Eggplants and Potatoes with Tomatoes, Capers, and Olives



Ingredients

0.3 cup capers
1.3 cups julienne-cut celery
2 pounds japanese eggplants
0.5 cup parsley fresh chopped
2 garlic cloves chopped
1 teaspoon honey

0.5 teaspoon pepper black

	0.3 cup kalamata olives pitted
	8 lemon wedges
	2 tablespoons olive oil divided
	5 cups onion thinly sliced
	1.5 teaspoons oregano dried
	2 bell peppers red
	1.5 pounds potatoes red
	2.5 teaspoons salt divided
	2 tablespoons tomato paste
	4 pounds tomatoes cored
	1 cup water
Eq	uipment
	bowl
	frying pan
	baking sheet
	paper towels
	knife
	sieve
	aluminum foil
	broiler
	ziploc bags
	slotted spoon
	dutch oven
	colander
Diı	rections
	Place eggplant slices in a colander, and sprinkle with 2 teaspoons salt. Toss well, and drain 1 hour.

Place eggplant slices on several layers of paper towels; cover with additional paper towels.
Let stand 5 minutes, pressing down occasionally.
Preheat broiler.
Cut bell peppers in half lengthwise; discard seeds and membranes.
Place pepper halves, skin sides up, on a foil-lined baking sheet; flatten with hand. Broil 15 minutes or until blackened.
Place in a zip-top plastic bag; seal.
Let stand 15 minutes. Peel and cut into 1-inch strips.
Place the potatoes in a medium sauce-pan, and cover with water. Bring to a boil; reduce heat, and simmer for 15 minutes or until almost tender.
Remove the potatoes with a slotted spoon; set aside.
Return water to a boil.
Add 3 tomatoes to pan; reduce heat, and simmer 1 minute or until tomato skins begin to curl.
Remove tomatoes with a slotted spoon, and plunge tomatoes into ice water. Slip skins off tomatoes using a paring knife. Repeat procedure with remaining tomatoes.
Cut tomatoes in half. Seed tomatoes in a sieve over a bowl, reserving juice; discard seeds. Chop tomato pulp; set aside.
Combine reserved tomato juice and chopped tomatoes. Discard water.
Heat 1 tablespoon olive oil in pan over medium-low heat.
Add sliced onion, and cook for 15 minutes, stirring occasionally. Stir in the tomato mixture, celery, tomato paste, oregano, honey, and garlic; bring to a boil. Reduce heat to medium, and cook 25 minutes, stirring occasionally.
Sprinkle with 1/2 teaspoon salt and black pepper.
Rinse eggplant, and pat dry on paper towels.
Heat 1 tablespoon oil in a large Dutch oven or stockpot over medium heat.
Add eggplant, and saut 15 minutes or until tender.
Add bell pepper, potatoes, tomato mixture, water, parsley, olives, and capers, and bring to a boil. Reduce heat, and simmer for 20 minutes or until the potatoes are very tender.
Serve with lemon wedges.

Nutrition Facts

PROTEIN 10.83% FAT 19.28% CARBS 69.89%

Properties

Glycemic Index:47.6, Glycemic Load:6.87, Inflammation Score:-10, Nutrition Score:27.806521819985%

Flavonoids

Delphinidin: 97.17mg, Delphinidin: 97.17mg, Delphinidin: 97.17mg, Delphinidin: 97.17mg Eriodictyol: 3.84mg, Hesperetin: 5.02mg, Hesperetin: 5.02mg, Hesperetin: 5.02mg, Hesperetin: 5.02mg, Naringenin: 1.64mg, Naringenin:

Nutrients (% of daily need)

Calories: 233.94kcal (11.7%), Fat: 5.53g (8.5%), Saturated Fat: 0.83g (5.2%), Carbohydrates: 45.08g (15.03%), Net Carbohydrates: 33.57g (12.21%), Sugar: 18.53g (20.59%), Cholesterol: Omg (0%), Sodium: 1048.51mg (45.59%), Alcohol: Og (100%), Alcohol %: O% (100%), Protein: 6.98g (13.97%), Vitamin C: 102.73mg (124.53%), Vitamin K: 98.87µg (94.16%), Vitamin A: 3343.22IU (66.86%), Fiber: 11.51g (46.03%), Manganese: 0.9mg (44.88%), Potassium: 1534.72mg (43.85%), Vitamin B6: 0.68mg (34.14%), Folate: 123.18µg (30.79%), Copper: 0.46mg (22.76%), Vitamin E: 3.17mg (21.13%), Magnesium: 84mg (21%), Vitamin B3: 3.78mg (18.91%), Vitamin B1: 0.28mg (18.65%), Phosphorus: 185.13mg (18.51%), Iron: 2.63mg (14.64%), Vitamin B2: 0.2mg (11.61%), Vitamin B5: 1.08mg (10.82%), Calcium: 98.52mg (9.85%), Zinc: 1.24mg (8.24%), Selenium: 1.9µg (2.72%)