

# Eggplant Caponata with Roasted Garlic Hummus

*This recipe was provided by Carolyn Hodges of [The Dinner Shift](#).*

*Prep time: 10 minutes*

*Cook time: 25 minutes*

*Total time: 35 minutes*

*Serves 4*

## Ingredients

- 3 tablespoons olive oil
- 1 small to medium eggplant, about 1 pound, cut into 1-inch pieces
- 1 red bell pepper, chopped
- ½ large red onion, finely chopped
- 2 celery stalks, finely chopped
- 1 tablespoon minced garlic
- 1 teaspoon dried oregano
- 14.5-ounce can fire-roasted diced tomatoes
- 1 tablespoon capers
- 2 tablespoons green olives, coarsely-chopped
- 1 tablespoon balsamic vinegar
- ¼ cup fresh parsley, chopped
- 10-ounce container Heinen's Roasted Garlic Hummus
- Whole wheat pita bread, toasted and quartered



## Instructions

1. Heat olive oil in a large skillet (with lid) over medium heat. Add eggplant, bell pepper, onion and celery and for 10-15 minutes.
2. Stir in the garlic and oregano and cook for 1 minute. Add the diced tomatoes, capers, olives and balsamic vinegar and stir until well combined. Cover and reduce heat to low. Continue to cook for 10 minutes more. Remove from heat and stir in parsley.
3. To serve, spread one-fourth of the hummus onto each of four plates and top with caponata. Serve alongside toasted pita.