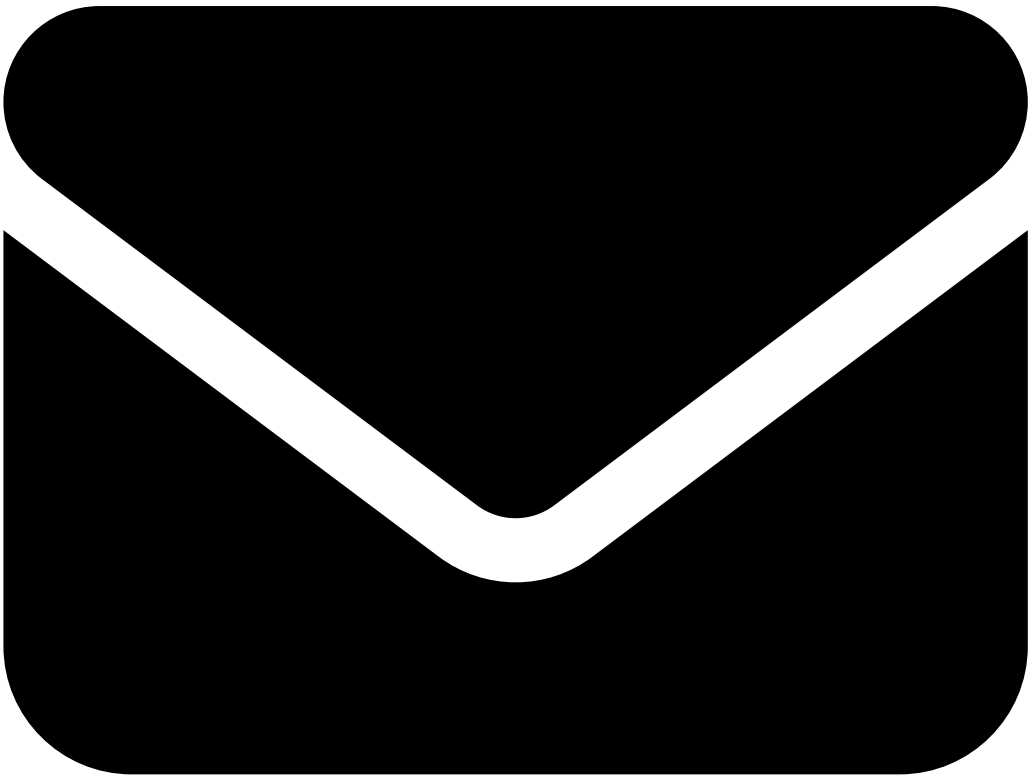
Sicilian Eggplant caponata rigatoni

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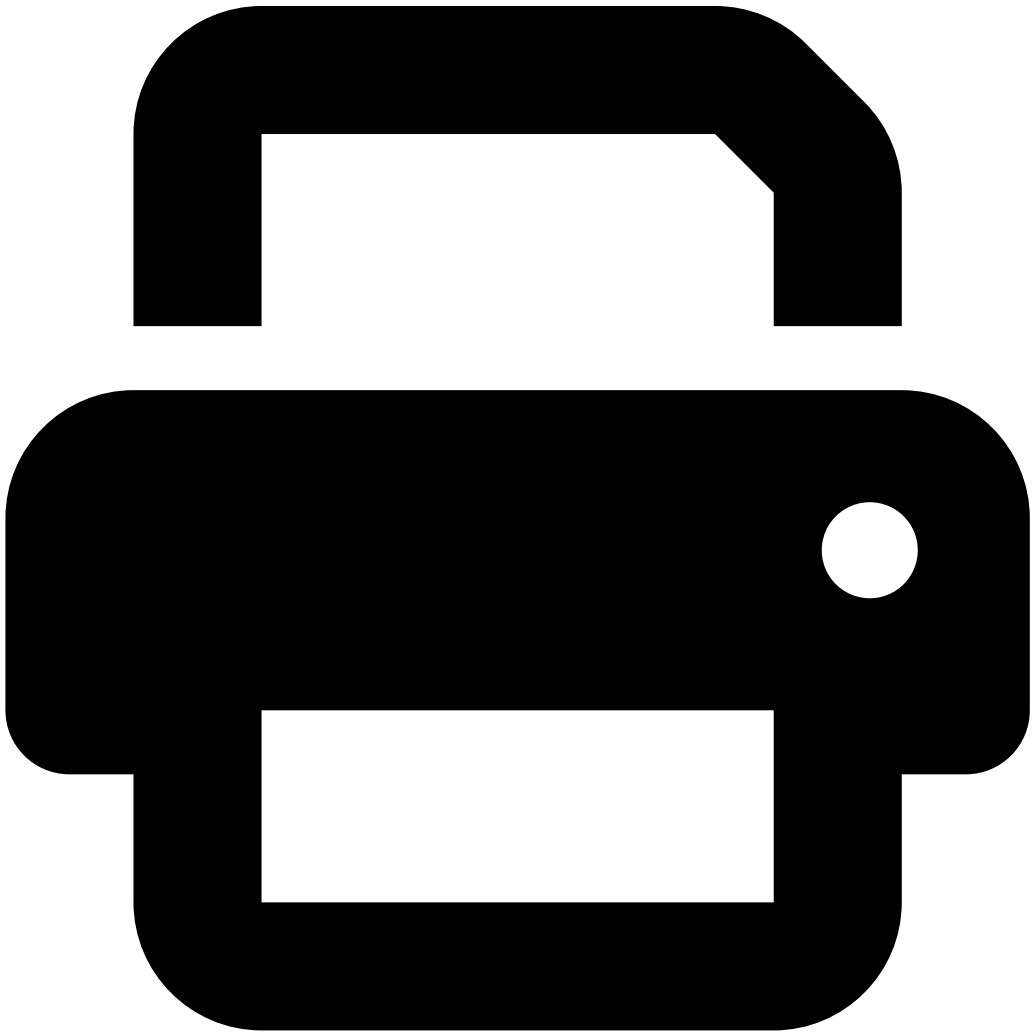
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Growing up, my mother made eggplant caponata every summer with farm-fresh produce straight from our garden. Glossy purple eggplant, juicy tomatoes, and fragrant basil were transformed into a vibrant, flavorful caponata—a classic Sicilian sweet-and-tangy relish that has always reminded me of summer.

Caponata is traditionally served as an antipasto or side dish, but I love turning it into a hearty pasta meal by tossing it with rigatoni. The sturdy pasta is perfect for capturing the rich tomato sauce and tender pieces of eggplant, while olives and capers add their signature salty, savory flavor.

Every bite is a delicious combination of sweet, tangy, and savory flavors, making this a wonderful way to use the abundance of summer produce. It’s simple, rustic Italian cooking at its best—and a recipe that brings a little taste of my childhood kitchen to the table.

Delicious variations for Sicilian eggplant caponata rigatoni

1. Meaty caponata Rigatoni: Add crumbled Italian sausage or ground beef for a heathier twist. Brown the meat along with the onions and garlic before adding the tomatoes and eggplant.
2. Seafood Caponata Rigatoni: For a coastal Italian touch, add sauteed shrimp or chunks of white fish like cod or halibut. These seafood compliments the briny capers and olives.
3. Creamy Caponata Rigatoni: For a luxurious twist, stir in a cup of ricotta cheese and 1/2 cup of heavy cream just before serving. This creates a velvety sauce that pairs beautifully with the bold flavors of the caponata.
4. Pasta Swap caponata: While rigatoni is perfect for holding on to the caponata sauce, you can easily swap it for other pasta shapes. Try penne, orecchiette, or even spaghetti for a different texture.

Sicilian eggplant caponata rigatoni is a celebration of bold flavors and simple ingredients, bringing a taste of Italy to your table. Whether you stick to the classic version or try one of the delicious variations, this dish is sure to become a family favorite. Give it a try and let me know in the comments how you made it you own!!! Share your creations and tag me- I’d love to see your take on this Sicilian – inspired pasta.

Sicilian Eggplant Caponata Rigatoni



Sicilian Eggplant Caponata Rigatoni combines a classic Sicilian eggplant caponata with hearty rigatoni for a rustic and satisfying pasta dish. Tender eggplant, tomatoes, olives, capers, and fresh basil simmer together in a rich sweet-and-tangy sauce before being tossed with pasta. It’s a delicious way to use summer produce and transforms a traditional caponata into a complete meatless meal.

- 12 0 z. rigatoni Pasta
- 1 medium eggplant cut into medium dice
- 2 Tbsp. olive oil
- 1 cup chopped onions
- 1 tbsp. minced garlic
- 4 cups chopped tomatoes
- 3 cup my easy marinara sauce
- 1 cup pasta water
- 1 cup chopped celery
- 1/2 cup red wine vinegar
- 2 Tbsp. sugar
- 2 Tbsp. capers
- 1 cup pitted and sliced green olives
- 1/2 cup pine nuts
- 1/2 cup torn basil leaves
- salt and pepper to taste
- 1/2 cup grated parmesan cheese for serving

1. In boiling salted water cook your pasta al dente
2. In a large saute pan over medium high heat in the olive

oil saute the onion and garlic until soft and translucent

3. Add the tomatoes and eggplant and cook until the tomatoes burst and the eggplant is tender.
4. mix the sugar with the vinegar and add to the eggplant mixture along with the capers, olives. pine nuts and marinara sauce let it simmer for 20-25 minutes.

5. Toss the rigatoni in this delicious vegetarian eggplant , top with grated parmesan and shredded basil.

Main Course
Italian
Sicilian Eggplant Caponata Rigatoni,