



## **Eggplant Pomodoro Pasta**

**Serves 6**

*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.*

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

Put a pot of water on to boil.

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.

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.

### **Nutritional Analysis**

Calories	282
Fat	7g
Saturated Fat	1g
Monounsaturated Fat	5g
Sodium	467mg
Carbohydrates	50g
Fiber	11g
Protein	10g
Potassium	416mg

### **Diabetic Exchanges:**

3 starch, 1 vegetable, 1 fat