

Sicilian Chicken Caponata Pasta



Licking Memorial Hospital | Culinary Services

Sicilian Chicken Caponata Pasta (6 servings)

Ingredients:

- 1 lb dry pasta (cooked in lightly salted water according to package instructions)
- 1 lb boneless skinless chicken breast, grilled or baked and cut into large chunks or slices

Ingredients for caponata:

- 1 1/2 pounds eggplant (1 large), cut in half and roasted for about 25 minutes at 375 degrees F
- 2 Tbsp olive oil
- 1 medium onion, chopped
- 2 stalks celery heart, diced small
- 3 large garlic cloves, minced
- 2 red bell peppers, diced small
- 15 oz can of whole peeled tomatoes, lightly chopped or crushed, juices reserved
- 3 heaped tsp capers, rinsed and drained
- 3 Tbsp coarsely chopped pitted green olives
- 2 Tbsp sugar
- 3 Tbsp red wine vinegar
- Salt and pepper to taste
- 1/3 cup parmesan cheese, grated
- 2 Tbsp extra virgin olive oil

Directions for caponata:

Heat 1 tablespoon of the oil over medium heat in a large skillet and add the onion and celery. Cook, stirring, until the onion softens, about 5 minutes. Add the garlic and cook for a minute, until the garlic begins to smell fragrant. Add the peppers and 1/2 tsp of salt. Continue cooking until just tender, about 8 minutes. Add another Tbsp of oil and the eggplant, and cook together for 5 minutes, or until the vegetables are tender (the eggplant will likely break down and fall apart slightly). Season to taste with salt and pepper. Add the tomatoes and juice to the pan with about 1/2 tsp salt and the sugar. Cook, stirring and scraping the bottom of the pan often, for 5 to 10 minutes, until the tomatoes have cooked down somewhat and smell fragrant. Add the capers, olives and vinegar. Turn the heat to medium-low and cook, stirring often, for 20 to 30 minutes, or until the vegetables are thoroughly tender and the mixture is quite thick, sweet, and fragrant. Season to taste with salt and pepper and remove from the heat. Cool completely and allow to chill overnight in the refrigerator, which will develop the flavors more fully.

To Serve:

Add the cooked pasta and chicken to a large skillet over medium heat, along with a few tablespoons of water. Place a lid over top and create some steam. Once simmering, remove the lid and toss the pasta and chicken a few times to heat through evenly. Add the caponata and toss through until it is heated through. Adjust the consistency with a few drops of water, if necessary. Top with the parmesan cheese and extra virgin olive oil.