

Cranberry Caponata

Pasta Grammar on youtube



- 3 tablespoons EVOO
- 12 ounces fresh cranberries
- 2 apples, honeycrisp, cubed
- 2 stalks celery, chopped
- 1 yellow onion, halved and sliced
- 1 large tomato, cubed, or use canned, diced style with juice
- 2 tablespoons capers, diced
- 2 tablespoons pine nuts
- 1 1/2 tablespoons raisins, black or golden
- 1/2 cup Kalamata olives, chopped
- 1 tablespoon tomato paste
- 3 tablespoons brown sugar, or more to taste (or brown sugar substitute)
- 2 tablespoons balsamic vinegar
- Salt
- Fresh black pepper

Per Serving (excluding unknown items): 103 Calories; 5g Fat (41.8% calories from fat); 1g Protein; 15g Carbohydrate; 3g Dietary Fiber; 0mg Cholesterol; 93mg Sodium; 10g Total Sugars; 0mcg Vitamin D; 24mg Calcium; 1mg Iron; 185mg Potassium; 28mg Phosphorus. Exchanges: 0 Grain(Starch).

Carolyn T's Blog: tastingspoons.com

Servings: 12

1. In a large sauté pan, bring a generous pour of olive oil up to medium heat on the stovetop. Add the onion and sauté for 3 minutes, then add the celery. Cover and cook for an additional 5 minutes. If the celery and onion risk burning, add a splash of warm water into the pan.
2. Add the olives, capers and pine nuts. Stir all together and cook for a further 3 minutes, covered. As before, add some water if the caponata risks burning.
3. Add the tomatoes and a splash of water. Stir and cook for 5 minutes, covered.
4. Meanwhile, dissolve the tomato paste in a 1/2 cup (120ml) of water.
5. After the tomatoes have cooked for 5 minutes, add the apples and cranberries, along with the tomato paste mixture, balsamic vinegar and brown sugar. Salt and pepper to taste.
6. Cook covered, adding water as necessary, for about 10-15 minutes or until the apples have softened but not completely dissolved. Cool completely before serving along roasted poultry or pork.

