

## *Pumpkin Caponatina*

- 4 cups cubed pumpkin (fresh)
- 1/4 cup olive oil 1 cup diced onion
- 1/2 cup diced celery
- 1/2 cup Yellow bell pepper strips
- 10 oz. canned Italian crushed tomatoes
- 2 Tsp. balsamic vinegar
- 1 tsp. sugar
- 1 Tbsp. Tiny capers
- 1/4 tsp. salt
- 1/2 cup green or kalamata olives (pitted & sliced)

Saute the pumpkin in 1/2 of the oil for 5 minutes. Remove the pumpkin and in the same saucepan saute the onions, celery with the remaining oil for 5 minutes. Deglaze the pan with the vinegar and add the remaining items and simmer for 5 minutes Return the pumpkin to the pan and cook covered on low for 15 minutes. Serve with grilled Italian breads or your favorite crackers.

BUON APPETITO

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