

Pasta alla Norma

When you think of Sicily, eggplant is one of the first foods that come to mind. Eggplant caponata adds a zesty kick to Antipasto platter. Pasta alla Norma is a Sicilian dish that highlights roasted eggplant.

PREP TIME: 10 minutes **TOTAL TIME:** 1 hour 30 minutes **SERVINGS:** 4-6

INGREDIENTS

- 8 ounces **DeCecco** penni or rigatoni pasta
- 1 jar **Bowl & Basket Specialty** Marinara Sauce
- 1/4 teaspoon crushed red pepper flakes (optional)
- 2 medium eggplants
- Kosher salt
- Fresh basil

DIRECTIONS

1. Prepare eggplant first. Peel half of the eggplant, leaving strips of the peel around the eggplant and cut into large chunks. Place eggplant into a colander and sprinkle generously with salt, allowing the liquids to drain into a sink or large bowl. Allow eggplant to drain for 30 to 60 minutes.
2. Preheat oven to 400 degrees F. Place eggplant in a single layer on a large baking sheet. Bake eggplant in oven until golden brown for 20 to 25 minutes.
3. While eggplant is roasting, bring marinara sauce and red pepper flakes to a simmer in a pot. When sauce is heated, combine sauce with roasted eggplant.
4. Meanwhile, prepare the pasta. Bring water and salt to a boil in a large pot and cook until al dente.
5. Combine pasta and sauce. Garnish with fresh basil when the pasta is on the plate.

Nutrition Information (1 serving): Calories 327, Total Fat 11.5 grams, Saturated Fat 1.5 grams, Cholesterol 50 milligrams, Sodium 496 milligrams, Carbohydrates 50 grams, Sugar 5 grams, Fiber 3.5 grams, Protein 8 grams