

Monthly Recipe

Vegetarian Moussaka

Makes: 7 servings

Eggplant, zucchini, potatoes and onion are layered with tomatoes and lentils, and baked with a bechamel white sauce. This recipe always gets rave reviews from vegetarians and non-vegetarians alike. Easy to make, but takes time. Serve with salad.

Recipe — by Anne Buchanan

Ingredients:

- 1 eggplant, thinly sliced
- 1 tablespoon olive oil
- 1 large zucchini, thinly sliced
- 2 potatoes, thinly sliced
- 1 onion, sliced
- 1 clove garlic, chopped
- 1 tablespoon white vinegar
- 1 (14.5 ounce) can whole peeled tomatoes, chopped
- 1/2 (14.5 ounce) can lentils, drained, juice reserved
- 1 teaspoon dried oregano
- 2 tablespoons chopped fresh parsley
- salt and pepper to taste
- 1 cup crumbled feta cheese
- 1 1/2 tablespoons butter
- 2 tablespoons all-purpose flour
- 1 1/4 cups milk
- black pepper to taste
- 1 pinch ground nutmeg
- 1 egg, beaten
- 1/4 cup grated Parmesan cheese



Directions:

1. Sprinkle eggplant slices with salt and set aside for 30 minutes. Rinse and pat dry.
2. Preheat oven to 375 degrees F (190 degrees C).
3. Heat oil in a large skillet over medium-high heat. Lightly brown eggplant and zucchini slices on both sides; drain. Adding more oil if necessary, brown potato slices; drain.
4. Sauté onion and garlic until lightly browned. Pour in vinegar and reduce. Stir in tomatoes, lentils, 1/2 the juice from lentils, oregano and parsley. Cover, reduce heat to medium-low, and simmer 15 minutes.
5. In a 9x13 inch casserole dish layer eggplant, zucchini, potatoes, onions and feta. Pour tomato mixture over vegetables; repeat layering, finishing with a layer of eggplant and zucchini.
6. Cover and bake in preheated oven for 25 minutes.
7. Meanwhile, in a small saucepan combine butter, flour and milk. Bring to a slow boil, whisking constantly until thick and smooth. Season with pepper and add nutmeg. Remove from heat, cool for 5 minutes, and stir in beaten egg.
8. Pour sauce over vegetables and sprinkle with Parmesan cheese. Bake, uncovered, for another 25 to 30 minutes.

Nutrition facts per serving:

Calories 243, Calories from Fat 108, 10.4 g Protein, 25.5 g Carbohydrate, 12g Fat (6.5g Saturated), 4.7g Fiber

Prep Time:

30 Minutes

Cook Time:

1 Hour 30 Minutes

Ready in:

2 Hours

Healthy Cooking Tip:

Use non-fat or low-fat milk and cheese.

Reference: <http://allrecipes.com/recipe/vegetarian-moussaka/>