

VEGETARIAN MOUSSAKA

This Greek recipe takes some time, but it is easy and definitely worth it. Try serving with a Greek salad!

Ingredients:

2 medium eggplant, thinly sliced
1 tbsp olive oil, or more as needed
2 medium zucchini, thinly sliced
2 large potatoes, thinly sliced
1 large onion, sliced
1 clove garlic, chopped
1 tbsp white vinegar
1 (14.5 ounce) can whole peeled tomatoes, chopped
½ (14.5 ounce) can lentils, drained with liquid reserved
1 tsp dried oregano

2 tbsp chopped fresh parsley
Salt & ground black pepper to taste
1 cup crumbled feta cheese

Béchamel Sauce:

1 ½ tablespoons butter
2 tablespoons all-purpose flour
1 ¼ cups milk
Ground black pepper to taste
1 pinch ground nutmeg
1 egg, beaten
¼ 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.
3. Heat oil in a large skillet over medium-high heat. Cook eggplant and zucchini in hot oil until lightly browned on both sides, about 3 minutes per side; remove with a slotted spoon to drain on a paper towel-lined plate, reserving as much oil as possible in the skillet
4. Adding more oil to skillet as needed and let it get hot. Cook potato slices in hot oil until browned, 3-5 mins per side; remove with slotted spoon and drain on a paper towel-lined plate, again reserving oil in the skillet.
5. Sauté onion and garlic in reserved oil until lightly browned, 5-7 mins. Pour in vinegar, bring to a boil, and reduce heat to medium-low; cook until liquid is reduced in volume and thick. Stir in tomatoes, lentils, ½ liquid from lentils, oregano and parsley. Cover, reduce heat, and simmer 15 mins.
6. Layer about 1/3 of the eggplant, 1/3 of the zucchini, 1/2 the potatoes, 1/2 the onions, and 1/2 the feta into a 13x9-inch baking dish. Pour tomato mixture over vegetables; repeat layering, finishing with a layer of eggplant and zucchini. Cover and bake in preheated oven for 25 minutes.
7. Stir butter, flour, and milk together in a small saucepan; bring to a slow boil, whisking constantly until thick & smooth. Season with pepper and nutmeg; stir. Remove from heat, cool for 5 minutes, and stir in beaten egg.
8. Pour sauce over vegetables & sprinkle with Parmesan cheese. Bake uncovered for another 25 to 30 minutes.

Nutrients per serving (Makes 8 servings)

Calories	240
Fat	11.5 g
Sodium	406 mg
Carbohydrate	26 g
Fiber	5 g
Protein	10 g



Recipe taken from: www.allrecipes.com
Picture taken from: <http://www.taste.com.au>
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