

MOUSSAKA – HEALTHY COOKING

COOKEE'S TOOL KIT

Measuring Cups
Measuring Spoons
Cutting Board
Soufflé Dish
Small bowl
Medium bowl
Whisks
Spatula



Ingredients

8 oz beans – any kind
2 large eggplants, sliced
1 T olive oil
1 clove garlic, crushed
1 onion, chopped
4 oz button mushrooms, sliced
1 cup red wine
14 oz can of peeled tomatoes, chopped
1 T chopped fresh oregano

Topping

1 cup yogurt
4 egg whites, lightly beaten
2 cups milk
¼ teaspoon ground paprika
½ cup freshly grated Parmesan cheese
½ cup panko or fresh breadcrumbs

Directions

1. If using dried beans, soak them in cold water overnight; rinse and drain well. Then place the beans into a large heavy based pan, cover with water and bring to the boil. Reduce heat and simmer for 1 ½ hours or until tender; drain.
2. Meanwhile, sprinkle the eggplant slices with salt and set aside for 20 minutes. Rinse and pat dry. Brush the eggplant slices with a little olive oil and cook under a preheated grill for 3 minutes on each side or until golden brown. Drain on paper towels.
3. Preheat the oven to 400°F. Heat the remaining oil in a large heavy-based pan; add the garlic and onion and cook over medium heat for 3 minutes or until the onion is golden. Add mushrooms and cook for 3 minutes more. Stir in the tomatoes, wine, and oregano; bring to the boil; reduce heat and simmer for 20 minutes or until sauce has thickened.
4. Assemble Moussaka: spoon the beans into a large, ovenproof dish, top with tomato sauce and eggplant slices.
5. Topping: place the yogurt, eggs, milk and paprika into a bowl and whisk to combine. Pour over the eggplant and set aside for 10 minutes. Combine the Parmesan and breadcrumbs in a bowl, then sprinkle over the moussaka.
6. Bake in a oven for 45 minutes or until golden brown on the top.

Serves 6-8

Prep time: 30 minutes
Cook time: 45 minutes