

Ruth's Moussaka

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Moussaka is a Greek version of the classic European "one pot meat and potato" dishes and can be historically compared to Shepherd's Pie from the UK and Lasagna from Italy. For a vegetarian version, substitute the meat for ground soy/TVP / fake meat!

**Ingredients:**

1 medium eggplant, peeled and sliced into 1/2" rounds
 2 large zucchini
 3/4 cup crushed tomatoes
 1 pound potatoes, thinly sliced
 Olive oil
 1 cup Parmesan, grated
 1 large onion, minced
 2 cups plain whole yogurt
 2 cloves garlic, minced
 1 pound ground beef or lamb or veggie ground round
 1/2 teaspoon nutmeg
 1/2 teaspoon cinnamon
 Butter

Sauce:

2 eggs, lightly beaten
 1/4 cup light cream
 1/4 cup crumbled feta

Method:

Preheat oven to 375. Brush eggplant rounds with olive oil and season with salt and pepper. Heat 2 tablespoons of oil in large non stick skillet and brown eggplant over medium high heat. You can also do this on a George Foreman grill. Remove to a paper towel to drain. Repeat the process with the zucchini. Heat 2 tablespoons of olive oil in same large skillet and cook onion and garlic for 3 minutes. Add the ground beef and brown completely. Add the spices, and tomatoes. Bring to a simmer and cook for 10 minutes. In a second non stick skillet, heat 3 tablespoons olive oil and brown potato slices on both sides. Remove to a paper towel to drain and season with salt and pepper. In a buttered baking dish, layer potatoes, meat, eggplant and top with Parmesan. In a blender, combine yogurt, eggs, feta and cream. Season with salt and pepper and pour over casserole. Let casserole sit for 10 minutes and then bake for 30 - 40 minutes or until golden brown and bubbly. Allow casserole to sit for 15 minutes before serving. Serve with a fresh Greek salad or steamed green beans with lemon zest.