

Beef

Beef and Potato Moussaka

Classic Potato Dishes

Servings: 4

1 large eggplant, sliced
1 tablespoon olive oil
1 onion, finely chopped
1 clove garlic, crushed
3/4 pound ground beef
8 ounces mushrooms, sliced
1 can (14 oz) chopped tomatoes with herbs
1 cup vegetable stock
2 tablespoons cornstarch
2 tablespoons water
1 pound potatoes, parboiled for 10 minutes and sliced
2 eggs
1 cup low-fat cream cheese
1 cup plain yogurt
1 cup sharp cheddar cheese, grated
salt and pepper to taste
fresh flat-leaf parsley for garnish

Preheat oven to 375 degrees.

Lay the eggplant slices on a clean work counter and sprinkle liberally with salt to extract the bitter juices. Leave for 10 minutes, then turn the slices over and repeat. Put in a colander, rinse and drain well.

Meanwhile, heat the oil in a saucepan, and fry the onion and garlic for 3-4 minutes. Add the beef and mushrooms and cook for 5 minutes, until browned. Stir in the tomatoes and stock, bring to a boil and simmer for 10 minutes. Mix the cornstarch with the water and stir it into the saucepan. Cook, stirring until thickened.

Spoon half the mixture into a casserole dish. Cover with the eggplant slices then the remaining beef mixture. Arrange the sliced potatoes on top.

Beat together the eggs, cream cheese, yogurt and seasoning. Pour over the potatoes to cover them completely. Sprinkle with the grated cheese.

Bake for 45 minutes until the topping is set and golden brown. Garnish with the flat-leaf parsley.

Serving Ideas: Serve with green salad.

Per Serving (excluding unknown items): 683 Calories; 41g Fat (54.1% calories from fat); 33g Protein; 46g Carbohydrate; 7g Dietary Fiber; 216mg Cholesterol; 718mg Sodium. Exchanges: 2 Grain(Starch); 3 1/2 Lean Meat; 2 1/2 Vegetable; 0 Non-Fat Milk; 6 Fat; 0 Other Carbohydrates.