

Vegetarian Moussaka

Thomas More Program

Beyond The Village Gate 1985 - Parmadale Community - Parma, Ohio

Servings: 8

3 medium eggplants, sliced 1/2-inch thick

2 pounds mushrooms, sliced

1 large onion, chopped

2 cloves garlic, minced

1 tablespoon butter or margarine

1 can (6 ounce) tomato paste

1/4 cup fresh parsley, chopped

dash basil

1/2 teaspoon salt

pepper (to taste)

dash ground cinnamon

1/4 cup dry red wine

1/2 cup breadcrumbs

1/2 cup Parmesan cheese, grated

4 eggs, beaten

WHITE SAUCE

1 cup butter or margarine

1/2 cup all-purpose flour

2 1/2 cups warm milk

4 egg yolks

Preheat the oven to 350 degrees.

Arrange the sliced eggplant on a greased baking sheet. Salt lightly. Bake for 15 minutes.

In a large skillet, saute' the mushrooms, onion and garlic in butter. Add the tomato paste, parsley, oregano, basil, salt, pepper, cinnamon and wine. Simmer until the liquid is absorbed. Add the breadcrumbs, grated cheese and eggs. Stir and remove from the heat.

For the white sauce: In a saucepan, melt the butter over low heat. Stir in the flour. Slowly add the warm milk, stirring constantly. Cook until thick, then beat in the egg yolks.

In a large buttered casserole, cover the bottom with the eggplant slices. Add one-half of the mushroom sauce, remaining eggplant and remaining mushroom sauce. Top with the white sauce and sprinkle with cheese.

Bake, covered, for 35 minutes.

Uncover and continue baking for another 15 minutes.

Per Serving (excluding unknown items): 479 Calories; 34g Fat (63.0% calories from fat); 15g Protein; 30g Carbohydrate; 7g Dietary Fiber; 293mg Cholesterol; 696mg Sodium. Exchanges: 1/2 Grain(Starch); 1 Lean Meat; 4 Vegetable; 1/2 Non-Fat Milk; 6 Fat.

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