

Moussaka II

Jenny Heinzmann - Lothian, MD
Southern Living - 1987 Annual Recipes

Servings: 6

1 large eggplant
salt
olive oil
1 1/4 pounds ground beef or lamb
2 medium onions, chopped
2 cloves garlic, minced
1 teaspoon salt
1/2 teaspoon dried whole thyme
1/2 teaspoon dried whole oregano
1 teaspoon dried whole basil
1/4 teaspoon ground nutmeg
2 1/2 tablespoons fresh parsley, chopped
1 cup canned tomatoes, drained
1/2 cup dry vermouth
2 egg whites
1/2 cup fine breadcrumbs, divided
1/4 cup (one ounce) Parmesan cheese, grated
WHITE SAUCE
3 tablespoons butter or margarine
3 tablespoons all-purpose flour
1 1/2 cups milk
2 egg yolks
1/2 teaspoon salt

Preheat the broiler.

Peel the eggplant and cut into 1/2-inch-thick slices. Sprinkle both sides of the slices with salt. Allow to sit for 30 minutes. Rinse and pat dry.

Prepare the white sauce. In a heavy saucepan over low heat, melt the butter. Add the flour, stirring until smooth. Cook for 1 minute, stirring constantly. Gradually add the milk. Cook over medium heat, stirring constantly, until the mixture is thickened and bubbly. In a bowl, beat the egg yolks until thick and lemon colored. Gradually stir about one-fourth of the hot mixture into the yolks. Add to the remaining hot mixture, stirring constantly. Stir in the salt. Set aside.

Arrange the eggplant slices on a baking sheet. Brush with olive oil. Broil for 3 to 5 minutes or until lightly browned. Turn the eggplant slices and repeat the procedure. Set aside.

In a large skillet, brown the meat, onion and garlic. Drain off the pan drippings. Stir in the seasonings, tomatoes and vermouth. Cover.

Reduce the heat and simmer for 30 minutes, stirring occasionally. Remove from the heat. Cool.

Preheat the oven to 350 degrees.

Add the unbeaten egg whites and 1/4 cup of breadcrumbs to the meat mixture, stirring until blended.

Sprinkle the remaining 1/4 cup of breadcrumbs in a greased 13x9x2-inch baking dish. Top with the eggplant. Cover with the meat mixture. Top with white sauce.

Bake for 40 minutes.

Top with Parmesan cheese. Bake for an additional 5 minutes.

Per Serving (excluding unknown items): 197 Calories; 10g Fat (48.3% calories from fat); 6g Protein; 17g Carbohydrate; 3g Dietary Fiber; 95mg Cholesterol; 713mg Sodium. Exchanges: 0 Grain(Starch); 1/2 Lean Meat; 2 Vegetable; 0 Non-Fat Milk; 2 Fat.

Sauces and Condiments

Per Serving Nutritional Analysis

Calories (kcal):	197	Vitamin B6 (mg):	.2mg
% Calories from Fat:	48.3%	Vitamin B12 (mcg):	.4mcg
% Calories from Carbohydrates:	37.8%	Thiamin B1 (mg):	.1mg
% Calories from Protein:	13.9%	Riboflavin B2 (mg):	.2mg
Total Fat (g):	10g	Folacin (mcg):	46mcg
Saturated Fat (g):	5g	Niacin (mg):	1mg
Monounsaturated Fat (g):	3g	Caffeine (mg):	0mg
Polyunsaturated Fat (g):	1g	Alcohol (kcal):	23
Cholesterol (mg):	95mg	% Daily Value:	on on%
Carbohydrate (g):	17g	Food Exchanges	
Dietary Fiber (g):	3g	Grain (Starch):	0
Protein (g):	6g	Lean Meat:	1/2
Sodium (mg):	713mg	Vegetable:	2
Potassium (mg):	464mg	Fruit:	0
Calcium (mg):	129mg	Non-Fat Milk:	0
Iron (mg):	1mg	Fat:	2
Zinc (mg):	1mg	Other Carbohydrates:	0
Vitamin C (mg):	13mg		
Vitamin A (i.u.):	824IU		
Vitamin A (r.e.):	151 1/2RE		

Nutrition Facts

Servings per Recipe: 6

Amount Per Serving

Calories	197	Calories from Fat: 95
% Daily Values*		
Total Fat	10g	15%
Saturated Fat	5g	27%
Cholesterol	95mg	32%
Sodium	713mg	30%
Total Carbohydrates	17g	6%
Dietary Fiber	3g	

	13%
Protein 6g	
Vitamin A	16%
Vitamin C	21%
Calcium	13%
Iron	8%

** Percent Daily Values are based on a 2000 calorie diet.*