

## Moussaka

Yield: 4 servings

### Ingredients:

1 medium unpeeled eggplant, cubed	2 tablespoons fresh sage, chopped (or 2 teaspoons rubbed)
1 medium unpeeled zucchini, diced	2 teaspoons dried oregano, crumbled
1 cup chopped onion	1 teaspoon cinnamon
1 green bell pepper, diced	½ teaspoon ground nutmeg
3 cloves garlic, minced	½ teaspoon allspice
¼ cup olive oil	¼ teaspoon cayenne pepper (optional)
2 large tomatoes, skinned, cored and chopped	salt and freshly ground black pepper to taste
1 tablespoon fresh basil, chopped	1 cup fat-free ricotta or cottage cheese
	½ cup half and half

### Procedure:

After cubing eggplant immediately soak pieces in salted ice water while preparing zucchini, onions, peppers and garlic; saute all these ingredients in olive oil for 10 minutes. Add tomatoes, herbs and spices and cook a few minutes longer. Adjust seasoning with salt and black pepper. Spoon mixture into a 2-quart baking dish that's been sprayed with vegetable oil. In a blender, puree ricotta or cottage cheese with half and half until smooth and pour over the other ingredients. Smooth cheese mixture so it covers top completely. Bake at 325 F for an hour or until bubbly.

about 315  
calories and  
22 grams of  
fat per serving

A serving of this recipe also provides about 73 percent of the recommended daily vitamin C, 28 percent of the recommended calcium, along with fiber, B vitamins and iron.

NDSU Agriculture Communication



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