

Greek Eggplant Casserole (Moussaka)

Serves: 6

Ingredients:

- 3 sprays olive oil cooking spray
- 2 medium raw eggplants, peeled and cut lengthwise into 1/4" thick slices and then quartered
- 3/4 teaspoon table salt
- 1 pound uncooked ground chicken breast
- 1 cup onions, sliced
- 2 cloves garlic, minced
- 2 tablespoons fresh parsley, chopped
- 1/3 teaspoon dried parsley
- 1/3 teaspoon chives, dried
- 1/3 teaspoon dried tarragon
- 1/4 teaspoon ground cinnamon
- 1/4 teaspoon ground nutmeg
- 1/2 teaspoon table salt
- 1/2 teaspoon ground black pepper
- 1 can (28 ounces) diced tomatoes, un-drained
- 2 tablespoons canned tomato paste
- 3/4 cup grated Parmesan cheese, or parmesan style soy cheese

Directions:

Preheat oven to 350° F. Coat a 9" x 13" baking pan with cooking spray.

Lay eggplant slices on paper towels and sprinkle tops with 3/4 teaspoon of salt. Let stand 20 minutes to draw moisture out.

Coat a large nonstick skillet with cooking spray and set pan over medium high heat. Add chicken and sauté until browned, breaking up meat as it cooks, about 5 minutes. Add onion and garlic and cook until onion is soft, about 3 minutes more. Add fresh parsley, dried herbs, cinnamon, nutmeg and 1/2 teaspoon each of salt and pepper, and stir to coat. Cook 1 minute, until herbs and spices are fragrant.

Add tomatoes and tomato paste and bring to a simmer. Reduce heat to low and simmer, uncovered, until sauce thickens, about 15 minutes. Transfer mixture to a large bowl and set aside. Coat surface of same skillet with cooking spray (off heat) and set pan over medium high heat. Wipe salt from eggplant slices with paper towel and add eggplant to hot skillet. Cook, until golden brown, about 2 minutes per side.

Arrange half of eggplant slices on bottom of prepared baking pan, slightly overlapping pieces to cover entire surface of pan. Top the eggplant with chicken mixture and then top chicken with 1/4 cup of grated topping. Top with remaining eggplant slices and remaining 1/2 cup of grated topping. Bake until top is golden brown and filling is bubbly, about 45 minutes. Let stand 10 minutes, slice into serving pieces and serve. Be sure to bake day 1 and reheat day 2.