

Moussaka

Prepare this so it will be ready about 30 minutes before the lamb is done.

INGREDIENTS:

- ☐ 2 small eggplants, peeled, cut lengthwise into ½-inch-thick slices
- ☐ Kosher salt as needed
- ☐ 3 tablespoons olive oil
- ☐ ½ yellow onion, chopped
- ☐ 1 garlic clove, chopped
- ☐ 2 tablespoons Cabernet Sauvignon
- ☐ 1¼ cups peeled, seeded and chopped tomatoes with their juices
- ☐ Pinch of cinnamon
- ☐ 2 tablespoons chopped Italian parsley
- ☐ Sugar to taste
- ☐ Freshly ground pepper to taste
- ☐ 3 tablespoons butter
- ☐ ¼ cup flour
- ☐ 1¼ cups milk
- ☐ ½ cup freshly grated Parmesan
- ☐ Pinch of ground nutmeg

INSTRUCTIONS: Line 2 baking sheets with paper towels. Arrange the eggplant slices in a single layer on the baking sheets and sprinkle with salt. Let sit for 30 minutes.

Preheat the oven to 375°.

Heat 1 tablespoon of the olive oil in a large skillet over medium-high heat. Add the onion and cook for about 5 minutes, until tender. Add the garlic and cook for 2 minutes. Add the wine and cook for about 3 minutes, until reduced by half. Add the tomatoes, cin-

namon, parsley, sugar and pepper. Bring to a boil. Reduce the heat and cook at a low simmer for 30 minutes.

While the sauce is simmering, brush the salt off the eggplant with a pastry brush. Transfer the eggplant to clean baking sheets and brush both sides with the remaining olive oil. Bake for 30 minutes, or until golden brown.

Melt the butter in a medium saucepan over medium-high heat. Whisk in the flour and cook for 2 to 3 minutes, until the color begins to change. Whisk in the milk and cook for 3 to 5 minutes, until it begins to thicken. Add ¼ cup of the Parmesan and the nutmeg.

Arrange one third of the eggplant slices in an 8 x 8 x 2-inch baking dish. Spread half of the tomato sauce over the eggplant. Repeat with another layer of eggplant and the remaining tomato sauce. Arrange the last layer of eggplant over the tomato sauce and pour all of the milk sauce over the top. Sprinkle with the remaining Parmesan.

Bake for 1 hour, or until the top is brown and bubbling. Let sit for 30 minutes before serving.

Serves 4

PER SERVING: 340 calories, 10 g protein, 18 g carbohydrate, 25 g fat (11 g saturated), 44 mg cholesterol, 366 mg sodium, 2 g fiber.