



## Moussaka

### Instructions:

Beat the egg and use it to coat the eggplant slices.

Cover the eggplant with cornflake crumbs.

Coat a silver foil coated cookie sheet with 6 seconds of Pam and place the eggplant on it. Coat the eggplant with another 3 seconds of Pam.

Preheat oven to 350 and bake for 20 minutes.

Coat a pan with 3 seconds of Pam and add the ground beef. Crumble the beef with a fork until it is browned (to avoid clumping).

Add the tomato sauce, garlic powder, soy sauce, mustard, and basil. Mix.

Cover 4 slices of eggplant with ground beef and layer them with another piece of eggplant and then again with beef.

Cover the pan and bake on 350 for 30 minutes.

**Makes 4 servings**

**Each serving counts as 1 main & 1 side**

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**Prep Time:**

15 minutes

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**Cook Time:**

50 minutes

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**Ingredients:**

medium eggplant - peeled  
and cut into 8 slices, 1/2  
inch thick each

1 cup cornflake crumbs

1 egg

1 lb. extra lean ground beef

15 oz. can tomato sauce

2 tsp. garlic powder

1 TBSP. soy sauce

1 tsp. mustard

1 tsp. basil

Pam