



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 25 minutes.

Makes 4 servings

Each serving counts as 1 main & 1 side

Prep Time:

15 minutes

Cook Time:

45 minutes

Ingredients:

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

1 cup cornflake crumbs

1 egg

3/4 lb. extra lean ground
beef

1 1/2 cups tomato sauce

2 tsp. garlic powder

1 tsp. soy sauce

1 tsp. mustard

1 tsp. basil

Pam