

Easy Ground Lamb Moussaka

one of my own, old recipes, revised



Quick & Easy Lamb Moussaka

2 tablespoons olive oil

3 large zucchini, cut into 1/4" coins

LAMB LAYER:

2 tablespoons olive oil

1 large onion, finely chopped

2 large cloves garlic, minced

1 pound ground lamb

1 tablespoon oregano, Greek if available (don't use Mexican)

1/4 teaspoon ground cinnamon

1/8 teaspoon ground cloves

1/8 teaspoon ground nutmeg

1/2 teaspoon dried mint flakes

1/2 teaspoon salt, or to taste

8 ounces tomato sauce

2 tablespoons red wine

Salt and pepper to taste

CHEESE LAYER:

1 1/2 cups cottage cheese, use full fat

1/2 cup Greek yogurt, full-fat, or sour cream

1/4 cup Feta cheese, crumbled

1 large egg

1/4 cup Parmigiano-Reggiano cheese, grated

1/4 cup Parmigiano-Reggiano cheese, for sprinkling on top of casserole

Per Serving (excluding unknown items): 327 Calories; 24g Fat (66.1% calories from fat); 19g Protein; 9g Carbohydrate; 2g Dietary Fiber; 82mg Cholesterol; 586mg Sodium. Exchanges: 0 Grain(Starch); 2 1/2 Lean Meat; 1 Vegetable; 3 1/2 Fat.

Carolyn T's Blog: tastingspoons.com

Servings: 8

1. Preheat oven to 350°F.

2. In a large skillet heat the olive oil, then add the finely chopped onion. Simmer for 4-6 minutes until the onion is wilted. Add the garlic and stir for about a minute. Scoop the onion mixture out and set aside.

3. To the same skillet add the ground lamb (usually there is sufficient fat - add a jot of oil if it's particularly lean) and break up as it cooks through. When all the pink is gone, add the onion mixture back in, then the seasonings, tomato sauce and red wine. Bring to a boil, reduce heat and simmer for about 10 minutes. Stir in salt and pepper to taste.

4. Meanwhile, in another skillet, heat olive oil. If the zucchini is really large, cut each one in half lengthwise and then slice. Add to skillet and cook over medium heat until the zucchini has taken on some golden color, stirring occasionally. Do not cook the zucchini through as it will cook further during the baking. When it's cooked enough, pour the zucchini into 9x9 square baking dish (ceramic or glass).

5. Pour the lamb mixture over the top of the zucchini and spread out, completely covering the zucchini.

6. In a medium bowl combine the cottage cheese, yogurt, Feta, egg and one portion of the grated cheese. Stir vigorously until the egg has completely disappeared in the mixture. Carefully pour this mixture over the meat mixture, trying to get it all the way to the edges - but without picking up any of the meat. Use an offset spatula if you have one.

7. Sprinkle the remaining cheese on top and bake for 30 minutes, or until the top of the dish is golden brown. You may use a broiler at the last if you'd prefer, but watch it carefully as it will burn quickly.

8. Allow to cool at least 5 minutes, then serve portions, trying to keep the square portion intact. Serve with a green salad and bread on the side.

9. As it sits, the zucchini lets loose of some of its water, so If you have leftovers, try to drain off that liquid so the casserole isn't water-logged. Reheat in a low oven for about 20 minutes, or heat individual servings in the microwave, but cover it as it will spatter.