casserole, ground beef, zucchini

Easy Ground Beef Moussaka with Zucchini

Internet Address:

From Kay Barstow, an old friend of my mother and dad, probably dates to about 1970.



ZUCCHINI LAYER:
1 1/2 tablespoons extra virgin olive oil
3 whole zucchini
GROUND BEEF LAYER:
1 large onion, minced
1 pound lean ground beef
1 whole garlic clove, minced
1 1/2 cups tomato sauce, or marinara
2 teaspoons dried oregano
1 teaspoon dried thyme
salt and pepper to taste
CREAMY TOPPING:
1 cup cottage cheese
2 small eggs, beaten
1/2 cup low-fat Greek yogurt
1/4 cup feta cheese, crumbled
1/4 teaspoon ground cinnamon
1 cup grated Parmesan cheese

Serving Ideas: This is a simple dish, ideally served with a green salad which includes some Feta cheese, tomatoes and cucumbers. Some crusty bread on the side would also go well.

Per Serving (excluding unknown items): 373 Calories; 19g Fat (45.9% calories from fat); 36g Protein; 15g Carbohydrate; 3g Dietary Fiber; 160mg Cholesterol; 670mg Sodium; 8g Total Sugars; 1mcg Vitamin D; 311mg Calcium; 4mg Iron; 1001mg Potassium; 500mg Phosphorus. Exchanges: .

Carolyn T's Blog: tastingspoons.com

Servings: 5

This is not an authentic moussaka. Instead, it's a similar dish using a bunch of shortcuts. To be authentic it would likely be lamb, not beef. It would be eggplant instead of zucchini. And you would have made a rich bechemel sauce for the topping.

1. Preheat oven to 350°. In a large skillet heat oil and add diced onion. Allow to sizzle for about 4-8 minutes until starting to brown very slightly. Add the ground beef and continue cooking until the meat is no longer pink. Add the garlic during the last 1-2 minutes of cooking. Add the oregano, thyme and tomato sauce. Taste for seasonings and add salt and pepper to suit your preference.
2. Meanwhile, cut each zucchini in half crosswise, then cut each half into slices about 1/4 inch thick. In a second skillet heat just a bit of olive oil and add the zucchini slices. Allow to saute until they've developed just a bit of color, turn. Do not cook the zucchini all the way through as it will cook some more in the oven.
3. In a medium bowl beat up the eggs, then add the cottage cheese, yogurt, Feta and ground cinnamon.
4. In a casserole dish (about 2 quart) layer the semi-cooked zucchini, the meat mixture, then pour the cottage cheese mixture on top and spread around to cover the meat. Sprinkle the top with grated Parmesan.
5. Bake for about 30 minutes until the cheese has melted and slightly browned. Allow to sit at room temperature for 5 minutes, then cut and serve.