



Mediterranean Eggplant Bake



By Mary Reilly

Servings: 6 (1½ c.)

Ingredients	Nutrient value per serving
<p>2 15.5-oz. cans reduced-sodium cannellini or navy beans, 1 can drained and rinsed 1 clove garlic, minced a few pinches ground nutmeg, divided ¼ t. salt cooking spray 2 med. eggplants, sliced crosswise ¼-in. thick 1 large russet potato, scrubbed and sliced crosswise ¼-in. thick 1 14-oz. can no-salt-added diced tomatoes ½ t. ground cinnamon pinch ground cloves 2 T. parsley, finely chopped ¼ c. Parmesan, grated</p>	<p>Exchanges 3 starch 1 vegetable 1 protein 2 fat Calories 276 Calories from Fat 10 Total Fat 1 g Saturated Fat 1 g Cholesterol 3 mg Sodium 293 mg Carbohydrate 55 g Fiber 14 g Sugar 8 g Protein 5 g</p>
Instructions	Notes
<ol style="list-style-type: none"> Preheat broiler. In a food processor, puree the beans with liquid from 1 can, garlic, a pinch of nutmeg and salt until smooth. Set aside. Spray a baking sheet with cooking spray. Lay eggplant slices on it in one layer, spray with additional cooking spray and broil until tender, about 5 min. Spray another baking sheet with cooking spray. Lay potato slices on it in one layer, spray with additional cooking spray and broil until just tender, about 10 min. Change the oven heat to 400°F. In a large bowl, combine the tomatoes, cinnamon, another pinch of nutmeg, cloves and parsley. Cover the bottom of a 9x13-in. baking dish with one-third of the tomato mixture, then layer half the potatoes and eggplant over it. Spoon one-half of the bean mixture over the vegetables. Spoon half of the remaining tomato mixture over the bean puree, and layer on the rest of the potatoes and eggplant. Top with the last of the tomato mixture and gently cover the top of the dish with the last of the bean puree. Sprinkle with Parmesan. Bake in the oven until warmed through, about 15 min. 	<p>Prep and cook time: 40 min.</p> <p>In Mediterranean countries, moussaka (a layered eggplant bake), is traditionally prepared with ground lamb and a rich dairy filling. Our version features a delectably creamy sauce—without the cream!—and beans for added protein. Moussaka can be served hot or at room temperature, so it's great for entertaining and potlucks.</p> <p><i>GLUTEN-FREE recipes are prepared without any wheat, barley, rye or triticale. Check the label on each ingredient to make sure the brand you are using does not contain these grains in any form (flour, bread, stuffing, bran germ, malt, starch, etc.).</i></p> <p><i>VEGETARIAN (MEAT-FREE) recipes are prepared without any meat, poultry, or seafood. Check the label on each ingredient to make sure the brand you are using does not contain these items.</i></p>