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Gold Medal Moussaka

Prep Time: 45 mins

Cook Time: 25 mins

Rest Time: 5 mins

Total Time: 1 h 10 mins

Ingredients

- cooking spray
- 1 pounds eggplant, peeled (if desired) and cut into 3/4-inch cubes
- 1/2 pounds beef, lean ground
- 8 ounce(s) tomato sauce with basil, garlic, and oregano
- 1/8 teaspoon cinnamon, ground
- 2 tablespoon butter
- 2 tablespoon flour, all-purpose
- 1/4 teaspoon salt
- dash(es) pepper, black ground
- 1/2 cup(s) milk, fat-free
- 1/2 cup(s) yogurt, low-fat plain
- 1/2 cup(s) cheese, ricotta, low-fat
- 1/3 cup(s) refrigerated or frozen egg product, thawed
- cheese, Parmesan, thinly sliced

Preparation

1. Preheat oven to 350°F. Lightly coat a very large nonstick skillet with cooking spray; heat over medium-high heat. Add eggplant; cook about 6 minutes or until tender, stirring frequently. Set aside.
2. Meanwhile, in a large skillet, cook ground meat until browned. Drain off fat. Stir in tomato sauce and 1/8 teaspoon cinnamon. Bring to boiling; reduce heat. Simmer, uncovered, about 8 minutes or until sauce thickens, stirring occasionally. Divide meat mixture among 4 individual 12- to 14-ounce au gratin or baking dishes. Top with eggplant.
3. In a small saucepan melt butter. Stir in the flour, salt, and pepper. Add milk and yogurt all at once. Cook and stir over medium heat until thickened and bubbly; remove from heat. Stir in ricotta cheese. Stir in egg product. Spoon atop eggplant. Sprinkle lightly with additional ground cinnamon.
4. Bake, uncovered, about 25 minutes or until heated through. Top with Parmesan, if desired. Let stand 5 minutes before serving.