

Meez Moussaka

We're in love with moussaka. It's a rich casserole of eggplant, artichokes and garbanzo beans, layered with a rich cream sauce and cheese. Think lasagna with a Greek twist.

55 *Minutes to the Table*

25 *Minutes Hands On*

1 Whisk *Super Easy*

Getting Organized

EQUIPMENT

Loaf Pan or Casserole
Dish
Baking Sheet
Mixing Bowl

FROM YOUR PANTRY

Olive Oil
Salt & Pepper

5 MEEZ CONTAINERS

Eggplant
Artichokes & Beans
Cream Sauce
Cheese
Tzatziki Sauce

Make the Meal Your Own

We're using four cheeses in this magical casserole: ricotta for creaminess, mozzarella for its meltiness, pecorino for its bite and feta for a Greek flair. Altogether, it's Greek heaven.

Good to Know

Health snapshot per serving – 850 Calories, 38g Protein, 55g Fat, 33 Smart Points.

Lighten Up snap shot per serving – 610 Calories, 29g Protein, 33g Fat, 22 Smart Points using half of the cream sauce and half the cheese.

Have questions? The dinner hotline is standing by from 5 to 8 pm at 773.916.6339.

INGREDIENTS: Eggplant, Artichoke, Garbanzo Beans, Ricotta, Feta, Pecorino, Mozzarella, Yogurt, Cucumber, Lemon, Cream, Red Onion, Garlic, Oregano, Rosemary, Basil, Bay Leaf, Dill, Cayenne,

meez *meals*

1. Getting Organized

Preheat your oven to 425

2. Roast the Eggplant

Toss the **Eggplant** with 2 Tbsp olive oil and salt and pepper in a mixing bowl.

Spread the eggplant out on a baking sheet and bake until edges begin to brown and center softens, about 20 minutes, then remove from the oven.

3. Create the Moussaka

Arrange half of the roasted eggplant in the bottom of a loaf pan or casserole dish. Top with half of the **Artichokes & Beans** followed by half the **Cream Sauce** and finally half the **Cheese**.

Repeat the layering steps (eggplant, artichokes & beans, cream sauce, then cheese) with the remaining ingredients.

Bake until the top layer of cheese is golden brown, about 20 to 25 minutes. Remove from oven and let rest for at least five minutes.

4. Put it All Together

Plate each serving and then top with the **Tzatziki** to taste. Enjoy!

Instructions for two servings.

Meez Meals * 1459 N. Elmwood Avenue * Evanston * Illinois