

Vegetarian Moussaka

Yield: 6 min
Total Time: 85 min

Recipe from: <https://www.recipeschoose.com/recipes/vegetarian-moussaka-greek-recipe>

Ingredients:

- 3 eggplant small-medium, sliced thinly lengthwise
- 4 tablespoons extra-virgin olive oil
- salt to taste
- pepper to taste
- 1 tablespoon extra-virgin olive oil
- 1 onion chopped
- 2 garlic cloves minced
- 2 cups chickpeas cooked or canned, rinsed and drained
- 2 cups brown lentils cooked, or canned, rinsed and drained
- 28 ounces tomatoes crushed
- 28 ounces tomatoes diced
- 2 tablespoons herbs salted
- 2 tablespoons parsley dried
- 1 tablespoon dried oregano
- 1 teaspoon ground coriander
- 1/2 teaspoon ground black pepper
- 1/4 teaspoon fennel seeds
- 4 cups baby spinach leaves fresh
- 1 cup plain greek yogurt
- 1/2 cup ricotta cheese
- 1/2 cup feta cheese
- 1/4 cup whole milk
- 2 large eggs
- 1/4 teaspoon ground white pepper
- 1 cup grated cheddar cheese sharp

Nutrition:

1. Calories: 720 calories
2. Carbohydrate: 87 grams

3. Cholesterol: 120 milligrams
 4. Fat: 27 grams
 5. Fiber: 35 grams
 6. Protein: 38 grams
 7. SaturatedFat: 11 grams
 8. Sodium: 650 milligrams
 9. Sugar: 19 grams
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