



GREEK MOUSSAKA

(Eggplant, ground meat & creamy cheese sauce)

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(Maintenance)

Rich, savory, and comforting, this low-carb Greek Moussaka layers tender eggplant, spiced ground meat, and a creamy cheese sauce for a hearty dish that's both satisfying and protein-packed. Perfect for family dinners or meal prep, it delivers Mediterranean flavor in every bite.
Makes 8-10 servings.



INGREDIENTS

- 1 lb. (large) eggplant
- 1/4 cup extra virgin olive oil
- 1 medium yellow onion, chopped
- 2-3 cloves garlic, minced
- 1 Tbsp ground cinnamon
- 1 Tbsp paprika powder
- 1 Tbsp dried oregano
- 1 tsp. Pink Himalayan salt
- 1/2 tsp. ground black pepper
- 1 to 1-1/4 lbs. ground meat (beef, turkey, chicken, lamb)
- 1/2 cup tomato sauce



INGREDIENTS FOR CHEESE SAUCE

1/2 cup organic heavy cream
3 oz cream cheese
1 garlic clove, pressed or finely minced
1/4 tsp Pink Himalayan salt
2 cups (8 oz) Gouda cheese, shredded and divided in 1/2
1/4 tsp. ground nutmeg

INSTRUCTIONS

Preheat oven to 350 °F. Grease a large baking dish with olive oil.

Chop eggplant into 1/2" cubes (do not need to peel). Heat a large skillet over medium heat. Add olive oil and sauté eggplant.

Add onion, garlic, cinnamon, paprika, oregano, salt & pepper and continue to sauté for a few minutes, until onion and eggplant are softened and brown.

Add ground meat and cook thoroughly. Stir in tomato sauce and simmer for a few minutes.

In a saucepan, combine the heavy cream, cream cheese, garlic, salt and 1/2 of the Gouda. Simmer on low-medium heat until thickened. Add nutmeg.

Transfer the meat mixture to the baking dish and pour the cheese sauce on top. Sprinkle with remaining cheese.

Bake for 20 minutes or until cheese lightly browns.