

## WHAT THE DOCTOR ORDERS, COOKS AND EATS

Moussaka - the “blood sugar diet” way - for 2 people

### WHAT TO BUY:

100g of minced Lamb- but beef will do if you prefer

¼ red onion

1 clove of garlic

4 tomatoes

tomato puree

½ an aubergine

oregano

cinnamon

ground cumin

cream cheese

full fat greek yoghurt

1 egg

cheddar cheese



### WHAT TO DO:

- Pre-heat the oven to 180 degrees
- Slice the aubergine and spray with olive oil, place on a baking sheet and pop in the oven for 10 minutes
- Heat 1 TBS of olive oil in a frying pan and brown the mince, stirring to break it up.
- Stir in the chopped onion and crushed garlic and stir until these are softened.
- Add the tomatoes, chopped and peeled and stir in the tomato puree and ½ tsp of oregano, cinnamon and a pinch of ground cumin.
- I also added chopped fresh parsley and mint,
- In a small bowl mix 100g of cream cheese with 2 heaped TBS of yoghurt and a beaten egg.
- Pour half the meat mixture into a small oven dish, layer the aubergine slices over the top. Add the rest of the meat mixture. Pour the cheese/egg mix on the top and grate a small amount of cheddar cheese to cover thinly.
- Bake in the oven for 20 minutes or until the topping is set and golden.

### WHAT TO EXPECT:

This is a low carbohydrate version which is also gluten free. It tastes lighter than traditional versions, and yet the topping remains rich and creamy and the slightly sour tang really works well. I didn't miss the potato layer and this way of making the topping is so quick and easy I will never go back to the traditional recipe.

## WHAT'S WHAT:

Aubergine provides vitamins B1 and B6 as well as potassium and anti oxidants present in its purple skin. It is also a good source of fibre. The anti oxidant helps protect lipo proteins in cell walls – good for brain function. There may be a beneficial effect on controlling glucose levels and lowering of LDL – the harmful part of cholesterol. They may also help to lower blood pressure.

Tomatoes are a good source of vitamins A and C. They contain anti oxidants which may help protect against common cancers like bowel, breast, prostate and lung.

Eggs are very nutritionally beneficial, containing many vitamins including A, B2, B5, B12, D, E and K. They also contain selenium which is good for mood and zinc which supports the immune system and helps with skin repair. They contain cholesterol, of course, but eating eggs is very unlikely to increase blood levels of cholesterol.

This recipe comes from Michael Moseley's Blood Sugar Diet- his idea is to reduce carbohydrate down to a minimum and use high fat ingredients to help with feeling full. I think this is a real triumph and is so much quicker and easier than making moussaka the usual way.