Turkey and Sweet Potato Moussaka

4 portions of layered turkey, eggplant and sweet potato with a yogurt-egg topping | Active 45 min | Cook 65 min | Total 110 min

Ingredients

- 14 oz sweet potatoes, scrubbed, skin retained and sliced into 1/4-inch/5 mm rounds (400 g edible raw weight)
- 12 1/3 oz eggplant, stem removed, cut into 1/3-inch/8 mm slices (350 g edible raw weight)
- 2 tablespoons olive oil (30 ml/27 g), divided
- 1 lb 1 2/3 oz 93%-lean ground turkey (500 g)
- 1 small onion, finely diced (100 g)
- 2 garlic cloves, minced (6 g)
- 1 can crushed tomatoes with their liquid (14 oz/400 g)
- 2 tablespoons tomato paste (32 g)
- 2 teaspoons dried oregano (2 g)
- 1/2 teaspoon ground cinnamon (1 g)
- 1/2 teaspoon fine salt (3 g), divided
- 1/2 teaspoon ground black pepper (1 g)
- 10 1/2 oz plain nonfat Greek yogurt (300 g)
- 2 large eggs, without shells (100 g)
- 2 tablespoons cornstarch (15 g)
- 1 oz finely grated Parmesan (30 g)

Set out

Kitchen scale, two large rimmed baking trays and parchment, 12-inch/30 cm skillet and spatula, Mixing bowl and whisk, Deep 4 qt/4 liter baking dish with usable base at least 12×9 inches/30×23 cm and 2 1/2-inch/6 cm sides, Food thermometer

Allergens

Milk, Egg. Check labels and substitutions.

Make it

1. Heat oven to 425°F/220°C. Line two trays. Toss sweet potato rounds and eggplant slices with 4 teaspoons/20 ml oil and one third of the salt, dividing the oil over both vegetables. Spread in separate single layers. Roast for 20–25 minutes, turning halfway, until both are tender without a hard potato center.

2. Meanwhile heat the remaining 2 teaspoons/10 ml oil in the skillet over medium heat. Cook onion for 5–6 minutes. Add garlic for 30 seconds, then turkey. Cook for 7–9 minutes, breaking it up, until browned and the meat reaches 165°F/74°C. Wash hands and raw-meat equipment.

3. Stir in crushed tomatoes and all their liquid, tomato paste, oregano, cinnamon, another third of the salt and all the black pepper. Simmer uncovered for 10–12 minutes, stirring, until thick rather than soupy. Remove from heat. Lower oven to 375°F/190°C.

4. Whisk yogurt, eggs, cornstarch and remaining salt until smooth; do not taste the uncooked topping. In the deep 4-liter dish arrange half the sweet potato and eggplant in an even layer. Spread half the turkey filling over them. Repeat with all remaining vegetables and turkey. Level, spread the entire yogurt topping over it and scatter all Parmesan on top. Keep at least 1/2 inch/1.5 cm clear headroom at the rim.

5. Bake for 30–35 minutes until the center is set rather than liquid and reaches 165°F/74°C. If necessary, continue gently until that endpoint. Rest 10 minutes, then cut into four equal portions.

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Estimated nutrition per serving

Calories: 535 kcal | Protein: 41.2 g | Carbohydrate: 45.0 g | Fat: 22.5 g | Fiber: 8.8 g. One of 4 servings. Batch yield: 4 portions of layered turkey, eggplant and sweet potato with a yogurt-egg topping. Base ingredients and full measured oil included; optional variations excluded. Estimates vary with brands, cooking and actual portions.

A layered batch worth portioning once

Four defined servings make the oven time useful beyond the first dinner. Lift the spare portions into shallow containers while they are still easy to separate, then chill promptly. Reheat one portion instead of warming the whole deep dish whenever a meal is needed.

A useful detail

The sweet potato estimate includes edible scrubbed skin. All turkey and pan juices are retained; no fat is drained. The yogurt-egg topping is this recipe's alternative to a traditional white sauce. The two roasting trays are needed for a single layer, and the final dish needs the declared depth.

Another way

Use 500 g 90%-lean ground beef instead of turkey, first cooking ground beef to 160°F/71°C; the assembled casserole must still reach 165°F/74°C.

Replace the 30 g Parmesan with 30 g finely grated mature Cheddar. The base nutrition applies to turkey and Parmesan.

Keep it well

Transfer saved portions to shallow containers and refrigerate within 2 hours of baking, or 1 hour above 90°F/32°C. Keep at 40°F/4°C or below for up to 3 days. Reheat each portion to 165°F/74°C through its center. Freeze promptly for up to 2 months and thaw in the refrigerator. Do not leave the complete deep baking dish out to cool for several hours.