

Lentil Moussaka with Cashew Bechamel Cream

(Compliments of ChatGPT)

Gluten-Free

No Roux

Cashew Béchamel

Serves: 6

Bake Time: ~40 minutes

Prep Time: ~45 minutes

Rest: 20–30 minutes

Ingredients

For the Eggplant

- 4–5 large eggplants
- Olive oil
- Salt

For the Lentil Tomato Sauce

- 2 tbsp olive oil
- 1 large onion, finely chopped
- 4 cloves garlic, minced
- 2 cups cooked brown or green lentils
- 2 × 28-oz cans crushed tomatoes
- 3 tbsp tomato paste
- 1 tsp ground cinnamon
- 1 tsp dried oregano
- ½ tsp allspice or nutmeg
- Salt & black pepper to taste
- Splash of red wine (optional)



For the Cashew Béchamel (NutriBullet)

- 2 cups raw cashews, soaked
- 3 cups unsweetened plant milk (oat or soy)
- 4 tbsp olive oil or vegan butter
- 2 tbsp nutritional yeast (optional)
- 1 tsp salt
- ¼ tsp nutmeg
- 1 tsp white miso or Dijon (optional)



For extra firmness: 2 tbsp cornstarch + 2 tbsp cold plant milk

Instructions

Step 1: Roast the Eggplant

1. Slice eggplant lengthwise or into rounds
2. Salt generously and rest 20 minutes
3. Pat dry, brush lightly with olive oil
4. Bake at **400°F (205°C)** for 25–30 minutes until soft and lightly golden

Important: Single layer only. Do not stack. Do not broil.

Step 2: Make the Lentil Sauce

1. Heat olive oil and sauté onion until soft
2. Add garlic, tomato paste, and spices — cook 1 minute
3. Stir in lentils, crushed tomatoes, and wine (if using)
4. Simmer 20–25 minutes until thick
5. Season well with salt and pepper



Step 3: Make the Cashew Béchamel

1. Blend all béchamel ingredients (except cornstarch) until silky smooth
2. Pour into saucepan and heat gently, whisking continuously
3. **If using cornstarch:** Remove from heat, whisk in slurry, return to low heat for 1–2 minutes until thickened

Step 4: Assemble

1. Layer half the roasted eggplant in baking dish
2. Spread lentil sauce evenly over eggplant
3. Add remaining eggplant layer
4. Pour béchamel over the top, spreading to edges

Step 5: Bake

Bake uncovered at **375°F (190°C)** for 35–45 minutes until edges are bubbling and top is set

Step 6: Rest & Serve

Let stand **20–30 minutes** before slicing for best structure and flavor

Serve with: Crusty bread and a Greek salad

