

- [wheat allergy](#)
- [gluten allergy](#)
- [wheat allergy tests](#)
- [news](#)
- [recipes](#)
  - [starters](#)
  - [main courses](#)
  - [desserts](#)
  - [cakes & cookies](#)
  - [breads](#)
  - [miscellaneous](#)
- [wheat blog](#)
- [health & fitness](#)
- [faq](#)
- [info centre](#)
- [directory](#)
- [wheat-free ebay](#)
- [books](#)
- [home](#)

## Ads by Google

- [Recipe](#)
- [Gluten Free](#)
- [Low Fat Recipe](#)
- [Recipe Ham Cup](#)

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## Vegetarian moussaka - wheat free recipe



serves 4

- 2 large aubergines, sliced
- 100 g green lentils (or 400 g can, drained)
- 600 ml wheat free/gluten free vegetable stock
- 2 bay leaves
- 1 onion, sliced
- 1 garlic clove, finely chopped
- 1 tbsp olive oil
- 400 g can chopped tomatoes
- 400 g can chick peas, drained
- 250 g mushrooms, sliced
- 2 tbsp tomato puree
- 2 tsp dried mixed herbs
- 3 tbsp water
- 150 ml low fat natural yogurt
- 1 large egg, beaten
- 100 g cheese, grated
- freshly ground black pepper

[conversion charts](#)

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**preheat oven: 180°C, 350°F, Gas 4**

1. Place the sliced aubergine in layers in a large sieve, sprinkling each layer with salt. Cover and leave for at least 30 minutes to allow the bitter juices to be extracted.
2. Place the lentils, stock and bay leaves in a saucepan and bring to the boil, then simmer for approx. 20 minutes, until the lentils are tender. If you are using canned ready prepared lentils you can miss this instruction, and add the bay leaves to the main mix while cooking instead.
3. Heat the olive oil in a large saucepan and gently fry the onion and garlic for 4-5 minutes.
4. Stir the drained lentils, tomatoes, chick peas, mushrooms, tomato puree, herbs and water into the onions. Bring to the boil and simmer covered for 10 minutes. Season to taste and remove the bay leaves.
5. Preheat the oven.

6. Rinse the aubergine slices and pat dry with kitchen paper. Place a few of the slices on a plate and microwave for 1 minute. Repeat this until all the slices have been microwaved, (traditional method is to fry the slices, which can be done in this recipe if preferred).
7. Arrange a layer of aubergines on the bottom of a deep casserole dish, spoon over a layer of lentil mixture. Continue the layers until all the mixture and aubergine slices are used up, finishing with a lentil mixture layer.
8. Beat together the yogurt and egg, and season. Pour over the mixture in the casserole.
9. Sprinkle grated cheese on the top and bake for 45 minutes.

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