

Shepherd's Pie

Preparation time: 10 minutes

Cooking time: 50 minutes

Yield: 8 servings

Ever wonder why certain foods become “comfort” foods? Because they’re the foods we loved as kids. Here’s our take on that great old standby, Shepherd’s Pie, with a healthful twist. In place of ground beef we’ve gone with lower-fat turkey, and of course we’ve included a generous dollop of flax!

Filling

1-1/2 pounds ground turkey
salt, to taste
1-1/2 teaspoon black pepper
2 tablespoons unsalted butter
1 large onion, minced
2 carrots, peeled and sliced
1 teaspoon garlic, minced
2 tablespoons ketchup
3 cups reduced sodium chicken broth
1/4 cup red wine (optional)
1 teaspoon Worcestershire sauce
1 teaspoon ground thyme
1 teaspoon leaf rosemary
1 cup frozen peas
6 tablespoons ground flaxseed

Topping

2 pounds peeled russet potatoes, cut into 2-inch cubes
salt and pepper, to taste
4 tablespoons unsalted butter
3/4 cup skim milk
2 large eggs

1. Preheat oven to 400 F.
2. Brown turkey in large skillet, until well done.

3. Add salt and pepper. Place ground turkey in bowl, and set aside.
4. Place butter in saucepan, over medium heat. Add onions and carrots. Cook until tender.
5. Add garlic, and cook for 1 minute.
6. Add the remaining ingredients, except flax and peas. Bring to simmer, and add ground turkey. Cook uncovered for 15 minutes.
7. Fold in flax and peas, and remove from heat.
8. In a separate pot, cover potatoes with water, add salt, and bring to a boil.
9. Cook potatoes until tender, drain potatoes, and put back in pot. On low heat, mash potatoes, adding butter and warm milk. Blend well, add eggs.
10. Adjust seasonings.
11. Pour turkey mixture in 9 X 13 baking dish (coated with non-stick spray).
12. Spread mashed potatoes evenly on turkey mixture, making sure that no filling is showing.
13. Bake uncovered for 20 minutes. Let stand for about 5 minutes before serving.

Nutrition Information Per Serving

Calories 378	Fat 20 g	Fiber 6 g
Carbohydrates 27 g	Omega-3 Fats 1675 mg	Calcium 91 mg
Protein 23 g	Cholesterol 144 mg	Sodium 408 mg