**Shepherd’s Pie**

**Shepherd’s Pie (1 serving)****

<table>
<thead>
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<th>Calories</th>
<th>Carb (g)</th>
<th>Fiber (g)</th>
<th>Fat (g)</th>
<th>Protein (g)</th>
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<td>19</td>
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</tbody>
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**Large vegetable salad**

- 2 cups romaine lettuce
- ½ large cucumber
- 5 cherry tomatoes
- 2 tbsp fat-free Italian dressing

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<th>Fat (g)</th>
<th>Protein (g)</th>
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**Total Per Serving**

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<tr>
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<tbody>
<tr>
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**Shepherd’s Pie (4 Servings)**

**Preparation Time: 20 Minutes, Cook Time: 50 Minutes**

**INGREDIENTS**

- ¾ to 1 lb. potatoes (such as 3 medium Yukon gold potatoes (leave skin on, cut into quarters)
- 2 tbsp light margarine
- 1 tbsp olive oil
- ¼ cup skim milk
- 1 medium onion, chopped (approximately 1-1/2 cups)
- 1 to 2 cups vegetables—diced carrots, peas, corn, green beans (such as ½ c green beans, ½ cup peas and carrots, ½ cup corn)
- ¾ lb. lean ground turkey and
- ¾ lb. lean ground beef
- ½ cup beef broth
- 1 tsp Worcestershire sauce
- Pepper, salt, other seasonings

Put the quartered potatoes in a large size pot filled ¾ full of water. Add a tsp of salt. Bring water to a boil, reduce to a simmer, and cook until tender (about 13-18 min—at this time the potatoes will have 7-8 minutes left to cook).

Cut the cauliflower, rinse, cut into ½ to 1 inch pieces. Add the cauliflower and cook another 7-8 minutes (so that the potatoes and cauliflower finish cooking at the same time).

Drain the potatoes and cauliflower in a colander (reserve ½ to 1 cup of water as it is flavorful and can help thin potato-cauliflower mixture if needed). Add the cauliflower and potatoes back to the empty pot and put the pot back on the burner that was in use, but make sure it is off, and the residual heat will help the cauliflower and potatoes to dry out a bit. Let rest a few minutes.

*(continued on next page)*
Add ¼ cup skim milk, 2 tbsp. light margarine, pepper, and salt to the pot and mash with a handheld potato masher (or use an immersion blender, blender, food processor, or beaters to smooth texture) to your liking. Add some of the reserved liquid to thin as needed and additional salt/pepper to taste, and any herbs of choice (such as chives, parsley, etc.). Set aside.

In hot skillet, add 1 tbsp of olive oil and added chopped onions, green beans and carrots and cook about 5-10 minutes, until tender and toward the end of the cooking time add peas and corn (which tend to cook faster).

Add ground beef to the pan with the onions and vegetables and cook until beef and turkey are no longer pink. There should be very little fat residue—pat dry with paper towel. Season meats with pepper and salt, add the beef broth and the Worcestershire sauce. Bring broth to a simmer and reduce to low heat. Cook uncovered for 10 minutes, adding reserve liquid from boiling the cauliflower and potatoes, a few tablespoons of milk and additional beef broth as needed to help keep the meat moist.

Preheat oven to 400°F. Spread the beef, onions, and vegetables in an even layer in a large baking dish (8 x 13 casserole). Over the top of the ground meats, spread the mashed potatoes. Use a fork to rough up the surface of the mashed potatoes to form peaks for browning to make creative designs.

Place in the preheated 400°F oven and cook until bubbling and browned, about 30 minutes. If desired, set the broiler for the last few minutes to brown the top of the mashed potatoes.

Garnish with parsley and herbs.

Divide into 4 servings