Ingredients:

Topping:
- 1 1/2 cups no-salt-added chicken broth or cooking stock
- 1 1/2 cups water
- 1 pound russet potatoes, peeled and cut into 1/2-inch chunks
- 2 cloves garlic
- 1 cup chopped cauliflower (about 1/4 medium head)
- 1/4 cup nonfat Greek yogurt
- 2 teaspoons unsalted butter
- 1/4 teaspoon salt
- 1 tablespoon minced fresh chives (optional)

Filling:
- 2 teaspoons olive oil
- 12 ounces lean ground turkey breast
- 1 (8-ounce) package mushrooms, finely chopped (about 3 cups)

Directions:

To prepare the topping, in a medium saucepan bring the broth and 1 1/2 cups of water to a boil. Add the potatoes and garlic and cook until tender, 10–15 minutes, adding the cauliflower about halfway through cooking. (If pot appears dry, add a few tablespoons more water as needed.) Drain and let stand in the still-hot pot 3 minutes, uncovered, to dry out slightly.

Transfer the potato mixture to a food processor and add the yogurt, butter, salt, and chives, if using. Process, scraping down sides of workbowl as needed, until smooth. Set aside.

Place oven rack in upper third of oven. Preheat the oven to 350°F. Spray 6 (6-ounce) ramekins with nonstick cooking spray.

To prepare the filling, heat oil in a large skillet over medium-high heat. Add turkey and cook, stirring to break up the meat, until no longer pink, 5 minutes. Transfer to a plate with a slotted spoon and return the skillet to the heat. Add mushrooms and onion and cook, stirring, until onion is tender and the pan is dry, about 8 minutes. Stir in mixed vegetables, tomato sauce, sage, thyme, and pepper, and simmer 5 minutes. Add turkey and any accumulated juices and heat through.

Evenly divide the turkey filling among the prepared ramekins, then top each with a layer of mashed potatoes,

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Ingredients (cont’d)

- 1 medium onion, finely chopped
- 1 cup thawed frozen mixed vegetables (peas, carrots, and corn)
- 1 1/2 cups no-salt-added tomato sauce
- 1/2 teaspoon crumbled dried sage
- 1/4 teaspoon dried thyme
- 1/4 teaspoon ground black pepper

Christmas Shepherd’s Pie in a new light (cont’d)

finishing with decorative swirls if desired. Place ramekins on a baking sheet and bake until filling is bubbling and topping is lightly golden, about 30 minutes. (If topping isn’t browning as much as you’d like, raise the oven temperature to broil and heat 2–3 minutes longer.)

Nutritional Information: Per serving (about 1 cup): 210 calories, 4 g fat (1 g saturated, 0 g trans), 25 mg cholesterol, 200 mg sodium, 27 g carbohydrate, 4 g fiber, 20 g protein.