

## Shepherd's Pie

### What you need:

- 1 pound lean ground beef (93% lean), ground turkey breast or soy crumbles, cooked and drained of any fat
- 2 cups mashed potatoes or mashed sweet potatoes (cook potatoes and mash)
- 1 cup corn (fresh off the cob, frozen or if canned, rinsed)
- 1 cup carrots, sliced and cooked, fresh or frozen
- 1 medium cut up onion, or frozen, sauteed in cooking spray
- 1/4 cup low fat grated cheddar cheese
- Paprika, garlic powder, black pepper and cinnamon to taste
- 1 13x9" casserole dish, sprayed with cooking spray



(over for directions, nutritional information)

## Sheperd's Pie (continued)

### How to make:

Layer cooked beef, ground turkey or soy crumbles into casserole dish, then sprinkle garlic powder, pepper, paprika and cinnamon. Layer next with cooked onions, then carrots, then corn and top with mashed potatoes, sprinkle seasonings lightly on each layer. Spread mashed potatoes evenly on top of casserole. Top with cheese, then paprika and cinnamon. Bake in oven at 350 degrees for ~30 minutes or till potatoes brown.

### Nutritional Information (approximate):

Serving size: ~3x3 inch square. 300 calories, 6 g. fat, 45 g. carbohydrate, 14 g. protein.



Recipe courtesy of Lifetime Health Medical Group