

SKINNY SHEPHERD'S PIE

INGREDIENTS

6

servings

2 potato large, peeled and cut into 2-inch pieces
1/4 cup non-fat sour cream
1 tbsp reduced-calorie margarine
1/8 tsp salt
2 tsp olive oil
1 cup onion chopped
2 carrot diced
2 celery diced
1 lb ground turkey breast
3 tbsp all-purpose flour
1 tbsp fresh rosemary chopped (you can also substitute with dried rosemary)
1 tsp dried thyme
1/2 tsp salt
1/4 tsp black pepper
2 cup canned chicken broth (you can also substitute with beef broth)

DIRECTIONS

65

minutes

1. Preheat oven to 400°F.
2. Place potatoes in a large saucepan and pour in enough water to cover potatoes. Set pan over high heat and bring to a boil; reduce heat to medium and simmer 10 minutes, until potatoes are fork-tender. Drain potatoes, transfer to a large bowl and add sour cream and margarine; mash until smooth, season to taste with salt and set aside.
3. Meanwhile, heat oil in a large skillet over medium-high heat. Add onion, carrots and celery; cook until soft, about 3 minutes. Add turkey and cook until browned, breaking up the meat as it cooks, about 5 minutes. Add flour, rosemary, thyme, salt and pepper; stir to coat. Add broth and bring to a simmer; simmer until mixture thickens, about 3 minutes.
4. Transfer turkey mixture to a 9-inch, deep-dish pie plate. Spread mashed potatoes over top and using the back of a spoon, make decorative swirls over the top. Bake until potatoes are golden, about 30 minutes. Slice into 6 pieces and serve.

MEAL MATH

Per Serving: Calories: 274, Total Fat: 4g, Sat Fat: 1g, Sodium: 856mg, Carbs: 32g, Fiber: 4g, Sugar: 4g, Protein: 26g, Weight Watchers SmartPoints: 7