

Turkey Shepherd's Pie

Packed with 2 ½ servings of Vegetables and Fruit per person, this recipe is a hearty but healthy way to help you meet 7–10 servings from this food group daily.



Ingredients:

3 large	Potatoes, scrubbed well, peel on and quartered	3 large
2–3 cloves	Fresh whole garlic, peeled	2–3 cloves
6 cups	Low sodium chicken broth	1.5 L
1 Tbsp	Butter, unsalted	15 mL
½ tsp	Nutmeg, freshly grated	2 mL
¼ tsp	Black pepper, freshly ground	1 mL
1 Tbsp	Olive oil	15 mL
1 medium	Yellow onion, chopped	1 medium
1 large	Carrot, peeled and grated	1 large
1 cup	Sliced mushrooms	250 mL
1 lb	Ground turkey breast, extra lean	454 g
2 Tbsp	Fresh parsley, chopped	30 mL

Directions:

1. Preheat oven to 375°F (190°C).
2. Cook the potatoes and garlic in chicken broth until potatoes are easily pierced with a fork. Drain, reserving the liquid. Mash the potatoes with enough reserved broth (start with about ¼ cup/ 60 mL) and the butter to get a thick and creamy consistency. Season with nutmeg and pepper. Set aside. The remaining liquid can be used for soups or other sauces.
3. Heat olive oil in a pan and sauté the onion and carrot over medium heat until soft.
4. Add mushrooms and continue to cook for 5 minutes. Season with freshly ground pepper to taste.
5. Add the ground turkey and cook until the meat is fully cooked. If the mixture is dry, add a little of the reserved stock from the potatoes. Let the mixture cool slightly before transferring to an ovenproof dish. Spread mashed potatoes over the top, sprinkle with parsley and bake for 35–40 minutes, until hot and golden.

Serves 6 (500 mL/ 2 cups/ 557 g)

Source: developed by Terry B. for Apple, Alberta Health Services' health and wellness magazine.

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Nutrition Facts	
Per 1/6 of recipe (500 mL / 2 cups / 557 g)	
Amount	% Daily Value
Calories 350	
Fat 12 g	18 %
Saturated 4 g	20 %
+ Trans 0 g	
Cholesterol 65 mg	
Sodium 160 mg	7 %
Carbohydrate 40 g	13 %
Fibre 4 g	16 %
Sugars 4 g	
Protein 23 g	
Vitamin A	15 %
Vitamin C	70 %
Calcium	6 %
Iron	25 %

Nutrient Claim	Amount per serving
High source of fibre	4 g
Very high in potassium	1287 mg
Source of calcium	57 mg
Very high in magnesium	66 mg
High in iron	3.2 mg

Food Group	Food Guide servings per recipe serving
Vegetables and Fruit	2 ½
Grain Products	0
Milk and Alternatives	0
Meat and Alternatives	1

This is a Choose Sometimes recipe (Mixed Dish–Meat based) according to the Alberta Nutrition Guidelines.