



## Shepherd's Turkey Pie

### Ingredients

- 2 tablespoons canola oil, divided
- 2 garlic cloves, minced
- 1 small onion, diced
- 1 cup diced celery
- 3 cups diced turkey breast
- ¼ cup whole-wheat flour
- 2 cups low-sodium vegetable broth
- 3 cups frozen peas and carrots, thawed
- 1 teaspoon ground thyme
- nonstick cooking spray
- 6 medium potatoes, baked, peeled and mashed

### Directions

Makes 8 servings

1. Preheat oven to 375 F.
2. Heat 1 tablespoon oil in a large saucepan over medium heat. Add garlic, onion and celery and cook, stirring occasionally, for about 5 minutes.
3. Add 1 tablespoon oil and diced turkey. Stir in flour. Add vegetable broth, peas and carrots, and thyme. Bring to a boil, reduce heat and simmer until slightly thickened.
4. Coat a 2-quart oven-proof pan with nonstick cooking spray. Pour turkey mixture into pan.
5. Spread mashed potatoes over turkey mixture and bake until heated through and lightly browned (about 20 to 30 minutes).
6. Cut into 8 pieces. Serve warm.



MAIN DISH



### TIP

To save time, make extra mashed potatoes 1 or 2 days before to use in this recipe.

♥ = heart smart

⊗ = low sodium

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### Nutrition Facts

Serving Size 1 1/2 cup (315g)  
Servings Per Container 8

Amount Per Serving

**Calories 280**    **Calories from Fat 50**

% Daily Value\*

**Total Fat 5g**    **8%**

Saturated Fat 1g    **5%**

Trans Fat 0g

**Cholesterol 35mg**    **12%**

**Sodium 160mg**    **7%**

**Total Carbohydrate 36g**    **12%**

Dietary Fiber 4g    **16%**

Sugars 5g

**Protein 20g**

Vitamin A 20%    •    Vitamin C 30%

Calcium 4%    •    Iron 10%

\*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

	Calories: 2,000	2,500
Total Fat	Less than 65g	80g
Saturated Fat	Less than 20g	25g
Cholesterol	Less than 300mg	300mg
Sodium	Less than 2,400mg	2,400mg
Total Carbohydrate	300g	375g
Dietary Fiber	25g	30g

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4

Recipe contains: wheat

Carb choices per serving: 2 ½