



Winter
Classic

Cauliflower and Ground Turkey Shepherd's Pie

Ingredients

Cauliflower

- 1 head of cauliflower
- 1 tbsp light butter
- 1 tbsp light sour cream
- 2 cloves garlic
- 2 tsp salt
- 2 tsp pepper
- 1 tbsp parsley

Filling

- 1 tbsp butter
- 1 medium onion, finely chopped
- 2 cups ground turkey
- 2 cups frozen peas and carrots, thawed
- 1 can corn

Directions

1. Preheat oven to 400 degrees fahrenheit.
2. Make cauliflower mash: clean cauliflower and cut the center bottom to remove the stem and leaf parts. Dice cauliflower into chunks and put into a large pot.
3. Fill pot with water to cover cauliflower and top with salt and pepper. Cover with a lid and boil cauliflower for about 25 minutes, or until tender.
4. Drain in a colander and add cauliflower, light butter, light sour cream, garlic, salt, and pepper to a food processor (or blender). Mix until all ingredients are combined and it is a creamy texture. Garnish with parsley.
5. Make filling: Heat butter in a large saucepan over medium heat. Add onion, season with salt and pepper, cook until onions are lightly browned.
6. Add ground turkey and break apart with a plastic or wooden spoon. Cook for 2-3 minutes until turkey starts to brown.
7. Add corn and mixed vegetables and cook for another 2-3 minutes.
8. Season to taste with salt and pepper. Pour filling evenly into four mini cocotte dishes or casserole dishes.
9. Put mashed cauliflower into a piping bag or large plastic bag with a small corner cut out. Pipe mash onto the top of the filling, making small peaks as you go.
10. Place in the oven and bake until golden, about 15-20 minutes.
11. Let cool, serve, and enjoy!

Calories 410

Total Fat 11 g

Cholesterol 63 mg

Sodium 278 mg

Total Carbohydrate 52 g

Dietary Fiber 16 g

Sugars 21 g

Protein 30 g