

Healthy Recipe of the Week

Use Organic ingredients whenever possible.

Turkey-Sweet Potato Shepherd's Pie

Adapted from "Yum-O! The Family Cookbook" by Rachael Ray

Serves 4 to 6

2 tablespoons extra-virgin olive oil
2 pounds ground turkey or ground turkey breast (Look for ground turkey without added flavorings. Dierbergs does carry ground free-range turkey in the freezer section of the health food aisle).
Salt and freshly ground black pepper
2 teaspoons poultry seasoning
2 ½ pounds sweet potatoes, peeled and cubed
1 large onion, chopped or grated
2 large carrots, peeled and grated
4 to 6 celery ribs from the heart, chopped
4 tablespoons butter
1-2 tablespoons cornstarch
2 cups chicken stock (look for one without MSG such as Swanson's organic)
A few dashes of Worcestershire sauce
1 (10-ounce) box frozen peas
1/3 ripe banana (enough for 4 or 5 slices)
A few dashes of hot sauce
2 cups shredded sharp yellow Cheddar cheese, optional

1. Preheat the oven to 425 degrees.
2. In a deep skillet or a Dutch oven heat the oil over high heat. Add the turkey and break it up with a wooden spoon; season with salt and pepper and the poultry seasoning.
3. Place the sweet potatoes in a medium pot, cover with cold water, cover the pot, bring to a boil, season with salt, and cook for 15 minutes, or until the potatoes are tender.
4. Add the onions, carrots, and celery to the turkey. Stir and cook for 5 minutes. While the vegetables are cooking, mix the chicken stock and Worcestershire with the cornstarch then add to the meat mixture. Cook until thickened. Stir the peas into the meat mixture and turn the heat off. Adjust seasonings if necessary.
5. Drain the potatoes and return the pot to the heat. Add the remaining 2 tablespoons butter and melt over medium heat. Peel and slice the banana and add it with the potatoes to the pot. Remove from the heat. Season with salt, pepper, and hot sauce. Mash the potatoes and banana to combine; adjust the seasoning. Top the meat mixture with the potato mixture. Cover the potatoes with the cheese, if desired, and set in the oven. Bake to melt the cheese, about 5 minutes.