

Healthy Recipe of the Week

Use Organic ingredients whenever possible.

Ground Turkey Shepherd's Pie

From Everyday magazine with Rachel Ray

Serves 4-6

- 4 large Idaho or russet potatoes (peeled and cut into chunks)
- Salt
- 2 T extra-virgin olive oil
- 2 slices bacon (chopped or snipped with kitchen scissors*)
- 2 lb ground turkey or ground turkey breast
- freshly ground black pepper
- 1 onion (chopped)
- 2 carrots (peeled and chopped)
- 2 T Worcestershire sauce
- 2 t poultry seasoning
- 2/3 c heavy cream or half-and-half (organic)
- 1 large egg (beaten)
- 2 T butter
- 2 T chives (snipped or chopped)
- 1 c frozen peas (thawed)
- 1 t paprika

Instructions

1. Place the potatoes in a small, deep pot, cover with water and bring to a boil, covered, over high heat. Salt the water and cook until tender, 12 to 15 minutes.
2. Meanwhile, heat the olive oil in a deep skillet over medium-high heat. Add the bacon and cook until crisp, about 3 minutes, then add the turkey and break it up with a wooden spoon. Add the onion and carrots and season with salt and pepper. Cook until turkey is browned, about 8-10 minutes.
3. Stir in the Worcestershire sauce and poultry seasoning. Lower the heat to medium and cover the pan with a foil tent to keep in some of the moisture. Cook for 6 to 7 minutes.
4. Preheat the broiler to high. Drain the potatoes in a colander and return them to the warm pot. Add 1/3 cup cream, salt and pepper, the egg, butter and chives and smash away with a masher until the potatoes are almost smooth but still a little lumpy.
5. Remove the foil from the pan and stir in the peas and the remaining 1/3 cup cream. Scrape up any browned bits from the bottom of the pan and turn off the heat. Scrape the turkey mixture into a casserole dish and top with the potatoes. Broil until the top is golden brown. Sprinkle with the paprika.

*You can leave out the bacon, and it will still be just as good.