



Shepard's Turkey Pie

Makes: 8 Servings

Turkey is featured in this classic dish. With lots of added vegetables, this dish is a well-rounded entrée that makes menu-planning easy.

Ingredients

- 2 onions (sliced)
- 1 clove garlic (chopped)
- 2 tablespoons vegetable oil
- 4 cups turkey breast (chopped or chicken)
- 1/4 cup whole wheat flour
- 2 cups reduced-sodium chicken broth
- 2 cups low-sodium carrots (canned and drained)
- 2 cups low-sodium tomatoes (canned and drained)
- 1/2 teaspoon dried rosemary (if you like)
- 6 potatoes (baked, peeled and mashed)

Nutrition Information

| Nutrients | Amount |
|---|---------------|
| Calories | 300 |
| Total Fat | 6 |
| Saturated Fat | 1 |
| Cholesterol | 51 mg |
| Sodium | 363 mg |
| Total Carbohydrate | 38 g |
| Dietary Fiber | 6 g |
| Total Sugars | 5 g |
| Added Sugars included | 0 g |
| Protein | 25 g |
| Vitamin D | 0 mcg |
| Calcium | 67 mg |
| Iron | 3 mg |
| Potassium | 1117 mg |
| N/A - data is not available | |
| MyPlate Food Groups | |
| ■ Vegetables | 1 3/4 cups |
| ■ Protein Foods | 2 1/2 ounces |

Directions

1. In a large saucepan, over medium heat, cook the onions and garlic in one tablespoon of oil for 5 minutes.
2. Add the turkey. Sprinkle in the flour and stir to blend.
3. Add the chicken broth, carrots, and tomatoes. If using rosemary, add that too. Cook over medium heat until thickened.
4. Oil casserole dish with remaining oil and pour in mixture.
5. Spread the potatoes over the top. Bake in oven at 375 degree F 20 to 30 minutes, or until browned.

Recipe adapted from the American Diabetes Association Holiday Cookbook