

SWEET POTATO SHEPHERD'S PIE



INGREDIENTS:

- 12 oz sweet potatoes
- 1/4 cup part skim ricotta cheese
- dash cinnamon
- 1 lb 93/7 ground turkey
- 1/4 tsp cumin
- 1/4 tsp black pepper
- 1/4 tsp salt
- 1 small onion
- 1/2 tbsp minced garlic
- 2 medium carrots
- 1 medium red bell pepper
- 1/2 cup vegetable broth
- 2 tbsp whole wheat or GF flour

DIRECTIONS:

- 1) Peel and cube sweet potatoes
 - 2) Boil potatoes until fully cooked
 - 3) While potatoes cook, peel and chop carrots. Chop onion, bell pepper, and mince garlic
 - 4) Spray a medium pot with cooking spray, heat on medium heat
 - 5) To the medium pot add onion, garlic, carrots, black pepper, salt, and cumin. Cook on medium heat until carrots soften
 - 6) Add ground turkey to the cooked vegetables, mix well as it cooks. Cook until turkey is no longer pink
 - 7) Add vegetable broth and bell pepper to the turkey mixture, mix well
 - 8) Add flour and continue to cook until turkey mixture begins to thicken
 - 9) Heat oven to 350 F
 - 10) Place cooked sweet potatoes in a medium bowl, mash and mix in ricotta cheese, dash of salt, and dash of cinnamon
 - 11) Place cooked turkey mixture in a small casserole dish and top with sweet potato mash
 - 12) Bake for 30-45 minutes. Optional: Garnish with sweet basil
- Enjoy!

Makes 4 Serving

Calories: 295 | Protein: 25 g | Carbs: 26 g | Fat: 11 g | Fiber: 4 g