

Southwestern Turkey Shepherd's Pie

Ingredients:

Nonstick vegetable cooking spray

1 pound ground turkey

1 1/2 cups chunky fat-free salsa, medium or spicy, well drained

1/2 teaspoon ready to use crushed garlic

4 servings instant mashed potatoes prepared according to package directions
(see note) 1/4 teaspoon chili seasoning powder (optional)

Additional salsa, optional garnish

Directions:

1. Preheat oven to 400°F. Lightly coat 9 1/2-inch round glass baking dish with cooking spray. Place turkey in dish. Add salsa and mix thoroughly with turkey.
2. Add garlic to prepared potatoes and mix well. Spoon potatoes onto turkey-salsa mixture in 6 mounds. Spread potatoes to cover surface completely.
3. Score potatoes in a crosshatch pattern using tines of a fork. Spray top lightly with cooking spray. Bake for 30 minutes. Remove from oven and let rest for 5 minutes.
4. To serve, sprinkle casserole with chili seasoning powder. Cut into 6 wedges. Garnish with additional salsa.

Makes 6 (1-cup) servings

Serving suggestion: Serve with a leafy green salad and reduced-fat or fat-free salad dressing or steamed vegetables such as broccoli and cauliflower.

Note: Substitute 1 tablespoon olive oil for the butter or margarine specified on the box, and substitute skim milk or unsweetened soymilk for the milk specified. Be sure to read the nutritional label and choose instant potatoes without added fat, especially hydrogenated fats.

Nutrients per serving:

Cal: 225

Total fat: 10g

Carb.: 17g

Fiber: 2g