

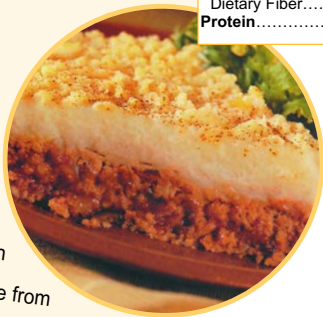
Blue is Better Recipe (Serves 6) Southwestern Turkey Shepherd's Pie

Ingredients

- cooking spray
 - 1 lb. ground turkey
 - 1 1/2 c. chunky salsa, well drained
 - 1/2 tsp. crushed garlic
 - 4 servings mashed potatoes
 - 1/4 tsp. chili powder (optional)
- Optional garnish: additional salsa

Preparation Instructions

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



NUTRITION FACTS

Serving Size

1/6 of pie

Amount Per Serving:

Calories	225
Calories from Fat.....	90
Total Fat	10 g
Saturated Fat.....	2 g
Cholesterol	60 mg
Sodium	642 mg
Carbohydrate	17 g
Dietary Fiber.....	2 g
Protein	17 g