

IDEAL PROTEIN SHEPHERD'S PIE

INGREDIENTS

- 3-4 large turnips - peeled and cut into pieces
- 1 lb. lean ground turkey
- 1/2 medium leeks - diced
- 1¼ oz. Approved vegetables of choice
- 2 tbsp. Worcestershire sauce
- Salt and pepper to taste

PREPARATION

1. Preheat oven to 400°F and boil turnips in large pot until tender.
2. While turnips are boiling, ground turkey in skillet with diced leeks. Add vegetables and Worcestershire sauce and mix well.
3. Remove from heat and pour into a casserole dish.
4. When turnips are tender, remove from heat and drain. Beat well with a mixer until creamy.
5. Add salt and pepper to taste and spoon mashed turnips over meat mixture.
6. Bake for 20 minutes at 400°.
7. Remove from heat and serve with chopped cilantro and fresh limes.

