

Dinner

Source: Wellness Mama

Yield: 6 servings

Prep time: 20 Minutes

Ingredients:

- 2 pounds of ground chicken, turkey or other meat
- 2-3 heads of cauliflower or 3-4 bags of frozen cauliflower
- 1 bag of frozen mixed veggies
- 1-2 onions
- 1 egg
- 1 teaspoon each of basil, garlic, salt, pepper, oregano and a little cayenne

Healthy Shepherd's Pie



- 2 Tablespoons of butter or olive oil
- 4 ounces of cream cheese or low fat sour cream (optional)
- Cheese to top (optional)

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Directions:

1. Brown meat in large skillet and season to taste when cooked. Set aside.
 2. Saute diced onion in skillet until somewhat soft. Set aside with meat.
 3. Pour mixed veggies in the skillet to heat on low heat and in the meantime...
 4. In large pot, boil several cups of water. Add cauliflower, cover, and cook until soft enough to mash.
 5. Remove the pot from the heat, pour off the water, and add butter(or olive oil) and cream cheese (if desired) to the pot.
 6. Add spices and mash. (I use a hand blender to make it really smooth).
 7. Mixed veggies should be cooked by now.
 8. Mix the meat, onions mixed veggies, raw egg and any additional seasonings and put in bottom of 9x13 baking dish.
 9. Spread mashed cauliflower mixture over it until smooth.
 10. Bake at 350 for approximately 30 minutes.
 11. Add cheese and bake 5 additional minutes (optional).
- Serve warm (or reheat later).



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