



WASHINGTON HEALTH SYSTEM
Wilfred R. Cameron Wellness Center

PROVIDING THE
EXOS EXPERIENCE

Sweet Potato Shepherd's Pie

February is American Heart Month! All the recipes this month are from the American Heart Association's recipe database which can be found at recipes.heart.org. All of the recipes on this website are heart healthy, meaning that they are low in saturated fat and sodium. Love your heart!

Yield: 4 servings

Ingredients:

- 1 lb. sweet potatoes OR 45 oz. canned, unsweetened yams or sweet potatoes in water, rinsed
- 1/2 cup skim milk
- 1/2 tsp. ground cinnamon or nutmeg
- non-stick Cooking spray
- 1 medium onion (any color), chopped
- 1 bell pepper (any color), seeded, chopped
- 1 lb. extra-lean, fat-free, ground turkey (95%-99% lean)
- 1/2 tsp. dried thyme or basil
- 16 oz. frozen vegetable medley (like green beans, corn, and peas) or whatever is on sale, thawed
- 1 cup low-sodium beef broth
- 2 tsp. cornstarch

Directions:

1. Preheat the oven to 400° F.
2. Wash and peel sweet potatoes. Chop into 1-inch pieces.
3. Add to a large pot and cover with water. Bring to a boil over high heat. Cook until potatoes are very tender, about 12 to 15 minutes. Drain in a colander.
4. Return sweet potatoes to pot. Add milk and cinnamon or nutmeg. Mash with a fork or potato masher until smooth.

5. Spray large pan with cooking spray. Add chopped onion and bell pepper and cook over medium-high heat until softened, about 5 minutes. Add meat and thyme, cooking until done, about 5 more minutes.
6. Add vegetables, beef broth, and cornstarch, stirring to combine. Cook a few minutes until sauce has thickened. Remove from heat.
7. Add meat mixture into an 8- or 9-inch baking dish. Spread the sweet potatoes evenly on top of the beef and vegetables. Cook in oven until entirely heated, about 15 minutes.

Quick Tips:

- **Keep it Healthy:** Sweet potatoes are chock full of minerals and vitamins, making them a fabulous and healthy starch alternative.
- **Tip:** 1 (14.4 oz.) bag of frozen pepper stir-fry can be substituted for the fresh onion and pepper.
- **Tip:** Double the recipe for the mashed sweet potatoes and serve as a side for the next dinner.

Nutrition Information:

Calories: 352, Total fat: 6.5 g, Saturated fat: 2.5 g; Carbohydrates: 46 g, Fiber: 9 g, Protein: 31 g, Sodium: 196 mg

**Recipe from recipes.heart.org*

