



Taste What's Cooking

Turkey Pot Pie with Mashed Potato Crust

Preparation Time: 20 minutes

Cook Time: 1 hour 10 minutes

Makes: 5 (2-½ cup) Servings

Ingredients

- 1 tablespoon olive oil
- 1 russet potato, peeled and diced
- 2 large carrots, diced
- 1 small sweet onion, peeled and diced
- 2 cups fresh broccoli florets
- 2 large celery ribs, sliced
- 14 ounces low sodium, fat-free chicken broth, separated
- 1 teaspoon dried thyme
- ½ teaspoon crushed fennel seed
- 1 pound skinless turkey breast, cut into bite sized pieces*
- Salt and pepper to taste
- 2 tablespoons cornstarch
- ½ cup Real Goodness, 2% Lactose Free milk

Mashed Potato Topping

- 2 teaspoons canola oil
- 2 shallots, minced
- 1 ½ tablespoons cornstarch
- 2 cups Real Goodness, 2% Lactose Free Milk
- ½ cup parmesan cheese
- Salt and pepper to taste
- 1 bunch fresh basil leaves (6 to 7 leaves), cut in chiffonade

Directions

1. PREHEAT oven to 400 degrees.
2. HEAT olive oil in a large saucepan; COOK diced potatoes for about 3 minutes; ADD carrots, onion, broccoli and celery and continue cooking for 5 minutes more. ADD ½ cup of the chicken broth, thyme and fennel seed, SIMMER for 2 to 3 minutes.
3. SEASON turkey with salt and pepper and ADD to vegetable mixture in saucepan. POUR in remaining chicken broth and bring to a BOIL; SIMMER until turkey is cooked through.
4. In a separate bowl, COMBINE ½ cup milk with the cornstarch – mix well. ADD to vegetable-turkey mixture and continue to cook stirring often until thickened.



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Meanwhile, PREPARE the Mashed Potato Topping:

PLACE diced potatoes in a large pot filled with cold water. Bring to a BOIL and SIMMER until potatoes are soft and fall apart when pierced with a fork. POUR off water, ADD margarine and milk to potatoes and BEAT with an electric mixer until smooth; SEASON with salt and pepper to taste.

DISTRIBUTE vegetable-turkey mixture evenly into five deep ramekins. TOP with mashed potatoes and BAKE for 25 to 30 minutes.

Tip: For a crisp, golden crust, place dishes under the broiler for two to three minutes just before serving.

Nutrition Facts:

347 Calories; 5 grams Fat; 1 gram Saturated Fat; 55mg Cholesterol; 247mg Sodium; 46 grams Carbohydrate; 6 grams Dietary Fiber; 29 grams Protein

**Thanksgiving turkey leftovers tip: Use leftover turkey from your Thanksgiving meal. Cut turkey into bite sized pieces and add during step three, after vegetables are fully cooked and before adding the milk.*