

# **Acorn Squash Shepherd's Pie**

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**Servings: 6**

**Preparation Time: 1 hour**

**Bake Time: 1 hour**

**3 small (1 pound each) acorn squash, halved and seeded**  
**1 tablespoon olive oil**  
**1 pound lean boneless lamb, cut into 1/2-inch cubes**  
**salt and ground black pepper (to taste)**  
**1 tablespoon butter**  
**8 ounces pearl onions, peeled**  
**1 large (6 oz) parsnip, peeled and chopped**  
**1 large (6 oz) turnip, peeled and chopped**  
**2 tablespoons all-purpose flour**  
**1/4 cup dry white wine**  
**1 cup reduced-sodium beef broth**  
**2 1/2 teaspoons snipped fresh thyme**  
**Parmigiano-Reggiano cheese (optional), finely shredded**

Preheat the oven to 350 degrees.

Grease a 15x10x1-inch baking sheet.

Place the squash, cut sides down, on the baking sheet.

Bake for 45 to 50 minutes or until tender.

In a large skillet, heat the oil over medium-high heat.

Sprinkle the lamb with salt and pepper.

Add the lamb to the skillet. Cook about 5 minutes or until browned, stirring occasionally. Remove the lamb from the skillet. Drain off the fat.

Add butter to the skillet and melt over medium heat.

Add the onions, parsnip and turnip to the skillet. Cook over medium-high heat about 4 minutes or until browned.

Sprinkle flour over the vegetables. Cook and stir for 1 minute.

Add the wine. Cook and stir until the wine evaporates.

Add the broth. Cook and stir until thickened and bubbly.

Remove the pan from heat. Stir in the lamb and thyme.

Scoop out the pulp from the squash, keeping the shells intact. Place the squash pulp in a bowl and mash with a fork. Season with salt and pepper.

Divide the lamb filling evenly among the squash shells. Top with mashed squash, spreading evenly..

Bake for 20 minutes or until heated through.

If desired, sprinkle with cheese.

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Per Serving (excluding unknown items): 184 Calories; 5g Fat (21.4% calories from fat); 3g Protein; 35g Carbohydrate; 6g Dietary Fiber; 5mg Cholesterol; 134mg Sodium. Exchanges: 2 Grain(Starch); 1/2 Vegetable; 1 Fat.