

Beef Cottage Pie

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*1 bag (16 ounce) parsnips,
peeled and cut into small
cubes
1 medium (8 ounce) Yukon
Gold potato, peeled and cut
into small cubes
2 tablespoons water
2 tablespoons fresh chives
6 cloves garlic
8 ounces sliced baby
portobella mushrooms
2 teaspoons canola oil
1 cup yellow onions, diced
2 ounces reduced-fat white
cheddar cheese
3/4 pound 93% lean ground
beef
1 teaspoon Kosher salt,
divided
1 1/2 cups unsalted beef
stock
2 tablespoons cornstarch
2 cups frozen peas and
carrots
1/2 cup plain nonfat Greek
yogurt*

Place the parsnips, potato and water into a microwave-safe bowl. Cover and microwave on HIGH for 10 to 12 minutes or until tender when pierced with a fork.

Meanwhile, finely chop the chives, garlic and mushrooms.

Preheat a large, nonstick saute' pan on medium high for 2 to 3 minutes. Place oil in the pan. Add the garlic and onions. Cook and stir for 4 to 5 minutes or until lightly browned. Stir in the mushrooms. Cook and stir for 3 to 4 minutes or until browned.

Shred the cheese (1/2 cup)

Preheat the oven to 425 degrees.

Add the beef and 1/2 teaspoon of salt to the mushroom mixture. Cook for 4 to 5 minutes, stirring to crumble the meat, until no pink remains.

In a bowl, combine the stock and cornstarch until blended. Stir into the beef mixture and bring to a boil. Stir in the peas and carrots. Transfer the mixture to a two-quart baking dish.

Drain the parsnips and potatoes. Mash with a potato masher (or electric mixer) until smooth. Stir in the yogurt, the remaining 1/2 teaspoon of salt, cheese and chives. Spread the potato mixture over the beef.

Bake for 12 to 15 minutes until bubbly and lightly browned and the meat is 160 degrees.

Serve.

Per Serving (excluding unknown items): 619 Calories; 11g Fat (15.6% calories from fat); 17g Protein; 122g Carbohydrate; 25g Dietary Fiber; 0mg Cholesterol; 2139mg Sodium. Exchanges: 5 1/2 Grain(Starch); 3 1/2 Vegetable; 2 Fat.