

Squash and Sausage Shepherd's Pie

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Servings: 6

2 1/2 pounds butternut squash, peeled, seeded and cut into chunks
5 tablespoons butter, softened
1/4 cup Parmesan cheese, grated
1 teaspoon salt
1/2 teaspoon ground black pepper
1 pound bulk sweet Italian sausage or lean ground beef
1 tablespoon olive oil
1 medium onion, chopped
1 package (8 ounces) sliced fresh mushrooms
3 cloves garlic, minced
1 cup reduced-sodium beef broth
1/2 can (28 ounce) crushed tomatoes (about 1-1/2 cups)
1 tablespoon snipped fresh or 1 teaspoon dried rosemary
1 teaspoon Worcestershire sauce
1 cup frozen peas and carrots
shaved Parmesan cheese (optional)
sliced green onion (optional)

Preparation Time: 55 minutes

Preheat oven to 425 degrees.

Lightly coat six 10- to 12-ounce individual casseroles with nonstick cooking spray.

In a six-quart Dutch oven, cook the squash in lightly salted boiling water, covered, for 15 to 17 minutes or until tender when pierced with a fork. Drain and return to the Dutch oven. Mash with the butter, Parmesan, 1/2 teaspoon of salt and 1/4 teaspoon of pepper. Set aside.

In a large skillet, cook the sausage over medium-high heat, breaking up with the back of a wooden spoon until no longer pink. Transfer the meat to a colander. Drain well. Wipe out the skillet with a paper towel.

In the same skillet, heat oil over medium-high heat. Add the onion and mushrooms. Cook, stirring occasionally, until tender, about 4 to 5 minutes. Add the garlic. Cook 2 minutes more. Stir in the broth, crushed tomatoes, rosemary and Worcestershire sauce. Bring to boiling. Reduce the heat to medium and simmer until thickened, about 5 minutes.

Stir in the meat, peas and carrots, remaining 1/2 teaspoon of salt and 1/4 teaspoon of pepper. Cook for 2 minutes.

Divide the mixture among the prepared dishes. Spread the top with butternut squash. Place on a large baking sheet.

Bake, uncovered, for 15 to 20 minutes or until the top is lightly browned.

Top with shaved Parmesan and green onion, if desired.

Per Serving (excluding unknown items): 215 Calories; 13g Fat (51.3% calories from fat); 4g Protein; 24g Carbohydrate; 4g Dietary Fiber; 28mg Cholesterol; 549mg Sodium. Exchanges: 1 1/2 Grain(Starch); 0 Lean Meat; 1/2 Vegetable; 2 1/2 Fat; 0 Other Carbohydrates.