

## Shepherd's Pie with Beef

(Makes 6 servings)

*This St. Patrick's Day, why not try our heart-healthy version of this classic Irish dish? Our lightened-up version from the Cleveland Clinic Healthy Heart Lifestyle Guide and Cookbook is certainly comfort food for any evening as we eagerly await spring's arrival.*

### **Ingredients:**

- Refrigerated butter-flavor cooking spray
- 1 small onion, chopped
- 1 ¼ pounds ground sirloin
- ½ cup fat-free, reduced-sodium beef broth
- 1 tablespoon Worcestershire sauce
- 1 tablespoon tomato paste
- 2 russet potatoes, peeled and cut into uniform-size pieces (about 1 ½ pounds)
- Freshly ground pepper
- 3 garlic cloves, cut in half
- ¼ cup skim milk
- 2 tablespoons egg substitute
- ¼ teaspoon kosher salt, optional
- 1 cup frozen baby peas, thawed
- Ground paprika

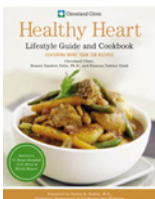
### **Directions:**

- 1) Preheat the oven to 425° F. Coat a casserole dish with cooking spray.
- 2) Coat a nonstick skillet with cooking spray. Add the onion and sauté over medium heat until wilted, about 5 minutes.
- 3) Add the meat and cook, breaking it up with a wooden spoon, until browned. Strain the meat mixture into a colander to drain all fat and liquid. Return to the skillet.
- 4) Add the broth, Worcestershire sauce, tomato paste and pepper. Simmer for 10 minutes.
- 5) Meanwhile, boil the potatoes with the garlic in lightly salted water until done. Drain the potatoes and remove the garlic. Mash the potatoes with the milk and egg substitute. Season with salt, if using, and pepper.
- 6) Place the meat mixture in the prepared casserole and top with the peas. Spread the mashed potatoes over the top. Coat with cooking spray and sprinkle with paprika.
- 7) Bake for 25 to 30 minutes, until heated through and nicely browned. Serve immediately.

### **Nutritional Analysis:**

- Calories: 240 (16% calories from fat)
- Total Fat: 4.5 g
- Saturated Fat: 1.5 g
- Protein: 23 g
- Carbohydrates: 29 g
- Dietary Fiber: 3 g
- Cholesterol: 50 mg
- Sodium: 210 mg
- Potassium: 466 mg

### **Source:**



*This heart-healthy recipe and more than 150 others are available from the nation's #1 heart center in the "Cleveland Clinic Healthy Heart Lifestyle Guide and Cookbook" (© 2007 Broadway Books).*

*The cookbook is available in bookstores or online from Randomhouse.com, BN.com or Amazon.com.*