

## Shepherd's Pie with Chicken

(Makes 4 servings)

### Ingredients:

#### *For potatoes:*

- 1 lb Russet potatoes (or red skin potatoes with skin), rinsed, peeled (or keep on for more fiber), and cubed into ½ inch to ¾ inch pieces
- ¼ cup low-fat plain yogurt (or low-fat sour cream)
- 1 cup fat-free milk, hot
- ¼ teaspoon salt
- ¼ teaspoon ground black pepper
- 1 tablespoon fresh chives, rinsed, dried, and chopped (or 1 teaspoon dried)

#### *For filling:*

- 4 cups mixed cooked vegetables-such as carrots, celery, onions, bell peppers, mushrooms, or peas (or a 1-lb bag frozen mixed vegetables)
- 2 cups low-sodium chicken broth
- 1 cup quick cooking oatmeal
- 1 cup grilled or roasted chicken breast diced (about 2 small breasts)
- 1 tablespoon fresh parsley, rinsed, dried, chopped (or 1 tsp dried)
- ¼ tsp ground black pepper
- Nonstick cooking spray

### Directions:

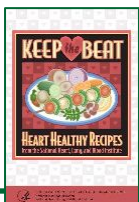
- 1) Place potatoes in a medium saucepan, and add enough cold water to cover by 1 inch. Bring to a boil, and simmer gently until the potatoes can be easily pierced with a fork, about 20-30 minutes
- 2) While the potatoes are cooking, begin to prepare the filling. Combine the vegetables, chicken broth, and oats in a medium saucepan. Bring to a boil, and simmer gently until the oatmeal is cooked, about 5-7 minutes. Add chicken, and continue to simmer until heated through. Season with parsley and pepper. Hold warm until potatoes are ready
- 3) When potatoes have about 5 minutes left to cook, preheat the oven to 450.
- 4) When the potatoes are done, drain and dry them well, then mash with a potato masher or big fork. Immediately add the yogurt, hot milk, and salt to the potatoes. Stir well until smooth. Season with pepper and chives.
- 5) Lightly spray an 8 x 8 inch square baking dish, or four individual 4 inch ceramic bowls, with cooking spray. Place filling in the bottom of prepared dish (about 2 cups for each individual bowl). Carefully spread potato mixture on top of the chicken and vegetables (about 1 cup for individual bowls) so they remain in two separate layers.
- 6) Bake in preheated oven for about 10 minutes, or until the potatoes are browned and chicken is reheated. Serve immediately.



### Nutritional Analysis:

- |                      |                       |                      |
|----------------------|-----------------------|----------------------|
| ▪ Calories: 336      | ▪ Protein: 24 g       | ▪ Sugars: 0 grams    |
| ▪ Total Fat: 4 g     | ▪ Carbohydrates: 54 g | ▪ Dietary fiber: 7 g |
| ▪ Saturated Fat: 1 g | ▪ Sodium: 302 mg      | ▪ Cholesterol: 31 mg |

### Source:



#### ***Keep the Beat - Heart Healthy Recipes***

*from the National Heart, Lung, and Blood Institute*

[www.nhlbi.nih.gov](http://www.nhlbi.nih.gov)

Go! Foods® for You Program



*This recipe has been slightly modified to meet Go! Foods® criteria.*