Michele Sodon

SHEPHERD'S PIE

LEFTOVER CHICKEN AND VEGETABLES MAKE THIS CLASSIC DISH QUICK AND EASY TO PREPARE

01 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 to 30 minutes.

02 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.

03 When potatoes have about 5 minutes left to cook, preheat the oven to 450 °F.

04 When the potatoes are done, drain and dry them well, then mash with a potato masher or big fork.

05 Immediately add the yogurt, hot milk, and salt to the potatoes. Stir well until smooth. Season with pepper and chives.

06 Lightly spray an 8- by 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 each for individual bowls). Carefully spread potato mixture on top of the chicken and vegetables (about 1 cup each for individual bowls) so they remain in two separate layers.

07 Bake in the preheated oven for about 10 minutes, or until the potatoes are browned and chicken is reheated (to a minimum internal temperature of 165 °F). Serve immediately.

NUTRITION PER SERVING:

CALORIES	373
PROTEIN	27 G
CARBOHYDRATE	60 G
TOTAL FAT	4 G

PREP TIME:	40 MINUTES
COOK TIME:	10 MINUTES

YIELD:	4 SERVINGS
SERVING SIZE:	¼ OF THE BAKING DISH OR 1 INDIVIDUAL BOWL (ABOUT 1 C POTATOES AND 2 C CHICKEN AND VEGETABLES

FOR POTATOES:

1 LB	RUSSET POTATOES (OR OTHER WHITE BAKING POTATOES), RINSED,PEELED, AND CUBED INTO ½-INCH TO ¾-INCH PIECES
¼ C	LOW-FAT PLAIN YOGURT (OR LOW-FAT SOUR CREAM)
½ C	FAT-FREE MILK, HOT
¼ C	SALT
¼ TSP	GROUND BLACK PEPPER
1 TBSP	FRESH CHIVES, RINSED, DRIED, AND CHOPPED (OR 1 TSP DRIED)

FOR FILLING:

4 C	MIXED COOKED VEGET BLES—SUCHAS CARROTS, CELERY, ONIONS, BELLPEPPERS, MUSHROOMS, OR PEAS (OR A 1-LB BAG FROZEN MIXED VEGETABLES) (LEFTOVER FRIENDLY)
2 C	LOW-SODIUM CHICKEN BROTH
1 C	QUICK-COOKING OATS
1 C	GRILLED OR ROASTED CHICKEN BREAST, DICED (ABOUT 2 SMALL BREASTS) (LEFTOVER FRIENDLY)
1 TBSP	FRESH PARSLEY, RINSED, DRIED, AND CHOPPED (OR 1 TSP DRIED)
¼ TSP	GROUND BLACK PEPPER

NONSTICK COOKING SPRAY

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