

Turkey and Leek Shepherd's Pie

FILLING

2 teaspoons extra-virgin olive oil
2 large leeks, white and light green parts only, well washed and thinly sliced
1 1/2 cups thinly sliced carrots
3 cloves garlic, minced
1/3 cup dry white wine
3 tablespoons all-purpose flour
2 teaspoons chopped fresh sage, or 1/2 teaspoon dried, rubbed
2 cups reduced-sodium chicken broth
2 cups diced cooked turkey, or chicken (see Tip)
1 cup frozen peas
1/4 teaspoon salt
Freshly ground pepper to taste

MASHED POTATOES

2 pounds potatoes, preferably Yukon Gold, peeled and cut into chunks
1/2-3/4 cup nonfat buttermilk, (see Tip)
1/4 teaspoon salt
Freshly ground pepper to taste
1 large egg, lightly beaten
1 tablespoon extra-virgin olive oil

To prepare filling: Preheat oven to 425°F. Heat 2 teaspoons oil in a large skillet or Dutch oven over medium heat. Add leeks and carrots and cook, stirring, until the leeks soften, about 7 minutes. Add garlic and cook, stirring, 1 minute more.

Pour in wine and stir until most of the liquid has evaporated. Add flour and sage and cook, stirring constantly, until the flour starts to turn light brown, about 2 minutes. Stir in broth and bring to a simmer, stirring constantly, until the sauce thickens and the carrots are barely tender, about 5 minutes.

Add turkey (or chicken) and peas and season to taste with salt and pepper. Transfer the mixture to a deep 10-inch pie pan or other 2-quart baking dish and set aside.

To mash potatoes and bake pie: Place potatoes in a large saucepan and add cold salted water to cover. Bring to a boil over medium heat. Cook, partially covered, until the potatoes are tender, about 10 minutes. Drain and return the potatoes to the pan. Cover and shake the pan over low heat to dry the potatoes slightly, about 1 minute. Remove from the heat.

Mash the potatoes with a potato masher or whip with an electric mixer, adding enough buttermilk to make a smooth puree. Season with salt and pepper. Stir in egg and 1 tablespoon oil.

Spread the potatoes on top of the turkey mixture. With the back of a spoon, make decorative swirls. Set the dish on a baking sheet and bake until the potatoes and filling are heated through and the top is golden brown, 25 to 30 minutes.

Adapted from www.eatingwell.com