

# Thanksgiving Shepherd's Pie

Yield: 4 min  
Total Time: 45 min

Recipe from: <https://www.recipeschoose.com/recipes/thanksgiving-shepherd-s-pie-recipe>

## Ingredients:

- 1 cauliflower small, leaves removed and chopped, about 4 cups
- 1/4 cup skim milk
- 2 tablespoons olive oil
- 1 pound ground turkey
- 2 celery stalks chopped, about 1 cups
- 2 carrots chopped, about 1 1/2 cups
- 1 onion small, chopped, about 1 cup
- 1 butternut squash small, or 1 medium sweet potato, chopped, about 3 cups
- 2 tablespoons chopped fresh sage or one tablespoon dried sage
- 1/4 cup dried cranberries
- 1 cup frozen peas
- 2 cups chicken stock
- 1/4 cup cornstarch
- salt
- pepper

## Nutrition:

1. Calories: 460 calories
2. Carbohydrate: 48 grams
3. Cholesterol: 95 milligrams
4. Fat: 17 grams
5. Fiber: 9 grams
6. Protein: 30 grams
7. SaturatedFat: 3 grams
8. Sodium: 600 milligrams
9. Sugar: 14 grams

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