



Rise 'n Shine Shepherd's Pie



1/4th of pan: 278 calories, 7.5g total fat (3.5g sat. fat), 663mg sodium, 37g carbs, 6.5g fiber, 9.5g sugars, 15.5g protein

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Prep: 25 minutes **Cook:** 1 hour and 15 minutes

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Ingredients

Mashie Topping

12 oz. (about 1 medium) russet potato
3 cups cauliflower florets
3 tbsp. light sour cream
3/4 tsp. onion powder
1/2 tsp. garlic powder
1/4 tsp. salt
1/8 tsp. black pepper

Pie Filling

4 frozen meatless or turkey sausage patties with 80 calories or less (like the kind by MorningStar Farms or Jimmy Dean)
2 cups chopped mushrooms
1 cup chopped onion
1 cup chopped bell pepper
1/4 tsp. salt
1/8 tsp. black pepper
1 cup frozen peas
1/4 cup light/reduced-fat cream cheese

Directions

Preheat oven to 375 degrees. Spray an 8" X 8" baking pan with nonstick spray.

Bring a medium pot of water to a boil. Meanwhile, peel and cube potato. Add cauliflower and potato to the pot. Once returned to a boil, reduce heat to medium. Cook until very tender, 15 - 20 minutes.

Meanwhile, cook sausage in a large skillet sprayed with nonstick spray. (Refer to package for temp and cook time.) Transfer to a cutting board.

Drain cauliflower and potato in a strainer. Transfer to a large bowl. Add all remaining mashie ingredients. Thoroughly mash and mix.

Clean skillet, if needed. Re-spray, and bring to medium-high heat. Add fresh veggies, and season with salt and black pepper. Cook and stir until mostly softened and lightly browned, 6 - 8 minutes.

Reduce heat to low. Add frozen peas to the skillet. Cook and stir until hot, about 1 minute.

Remove skillet from heat. Add cream cheese, and stir until melted and evenly distributed.

Chop or crumble sausage. Fold into veggie mixture. Transfer pie filling to the baking pan, and smooth out the top.

Spoon mashies over the filling, and smooth out the top. Bake until filling is bubbly and top has slightly browned, about 35 minutes.

MAKES 4 SERVINGS

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