



**From the Kitchen
of
Executive Chef
Jessica VanRoo**



Sweet Potato-Lentil Shepherd's Pie

Serves 6-8

182 calories per serving

Description from Living Well UCI Health Blog: www.ucihealth.org/blog

Sweet potatoes are rich in vitamin A and antioxidants, which means they're not only great for improving eye health, they also are important in supporting gut functioning. The antioxidants are vital in helping our bodies fight cancer-causing free radicals.

Lentils are a great plant-based protein that is high in fiber and low in calories. These legumes are also loaded with iron, magnesium, potassium, zinc and B vitamins, which help strengthen hair and nails. And they come in a several appealing colors to choose from: red, yellow, green and brown.

Layer the ingredients Shepherd's pie style with zesty seasonings and you have a nutritious, filling meal that tastes great yet is extremely low in calories.

Total cost: \$14.61/ \$2.44 per serving

Ingredients - Sweet Potato Topping

- 1 ½ lbs red or orange sweet potatoes, peeled and cut into chunks
- 3 tablespoons milk of choice
- Salt and pepper to taste
- 1 tablespoon maple syrup (optional)



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Ingredients - Filling

- 1 tablespoon olive oil
- 1 cup diced onion (about 1 medium onion)
- 1 tablespoon minced garlic (about 3 cloves)
- 2 portobello mushrooms, diced, or 10-12 cremini mushroom, diced
- 1 ½ cups brown or green lentils, rinsed and drained
- 1 ½ tablespoons Italian seasoning
- 4 cups vegetable stock or water
- 10 oz bag of frozen mixed vegetables

Instructions

Topping

1. Place potatoes in a pot, cover with water and cook until tender, about 20 minutes.
2. Drain well, and return potatoes to the pot.
3. Add milk, seasoning and maple syrup, if desired.
4. Mash mixture well. Taste and adjust seasoning as needed.

Filling

1. Heat a pan over medium-high heat, add oil. When oil is hot, add onion and garlic, and cook for 2 to 3 minutes or until onions soften.
2. Add mushrooms and cook until mushrooms have released their liquid and evaporated.
3. Add lentils and Italian seasoning. Mix well.
4. Pour in the stock and bring mixture to a boil. Reduce to a simmer, cover pot and cook 20 to 30 minutes or until lentils are tender.
5. Turn off heat. Stir in vegetables, taste and adjust seasoning, as needed.
6. Preheat oven to 400 degrees and lightly coat ramekins or baking dish with nonstick cooking spray or oil.
7. Pour lentil and vegetable mixture into dish or ramekins, and top with sweet potato mix.
8. Place ramekins on a baking sheet, and bake for 15 minutes or until heated through.
9. If using a baking dish, cook for 20 to 25 minutes.
10. Remove from oven and allow to rest for 10 minutes before serving.