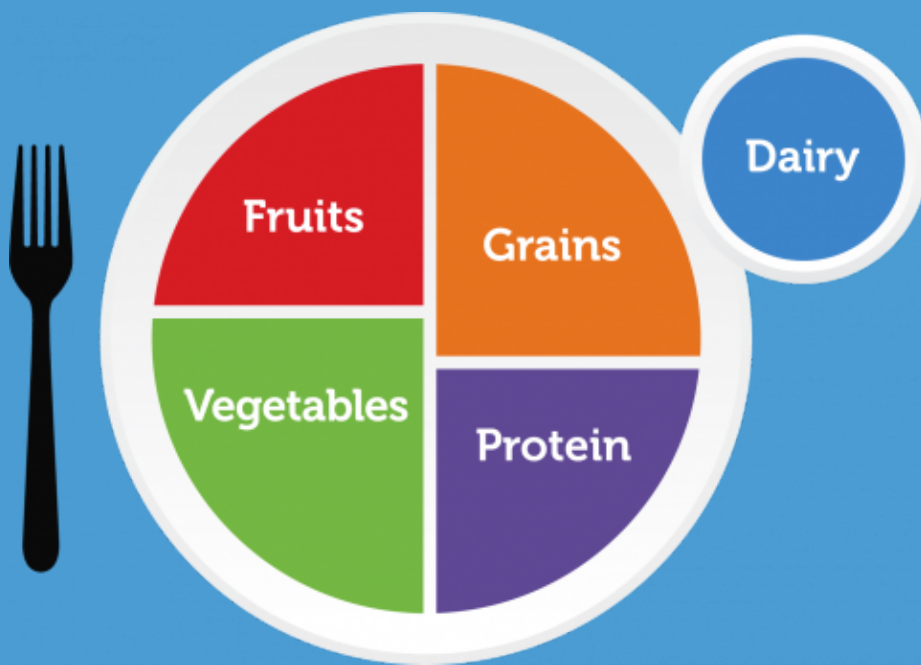


Happy Pi Day!

MARCH 14, 2025

It's Pi (π) Day, but this isn't the only pie we're celebrating! Let's talk about another delicious pie—Shepherd's Pie—and how it fits into a balanced plate.



MyPlate recommends filling your plate with a variety of food groups for a well-rounded meal!

Swipe for a Shepherd's Pie recipe that includes ingredients from multiple food groups!

Shepherd's Pie

MAKES 6 SERVINGS

INGREDIENTS:

- 2 large potatoes, diced and peeled
- 1/3 cup fat-free milk
- 1/2 cup shredded cheese (optional)
- 1 pound 85% lean ground turkey
- 2 tablespoons flour
- 10 ounces frozen mixed vegetables
- 1 & 3/4 cup low-sodium vegetable broth

EQUIPMENT:

- Cutting Board & Knife
- Vegetable Peeler
- Measuring Cups/Spoons
- Potato Masher/ Fork
- Medium Pot/Saucepan
- Large Pot/ Saucepan
- 8-inch Square Baking Dish
- Heat-Safe Stirring Utensil

Shepherd's Pie

STEPS:

1. Wash hands with soap and water.
2. Place potatoes in medium saucepan. Cover with water and bring to a boil. Reduce heat and simmer until potatoes are fork tender (about 15 minutes).
3. Drain potatoes and mash. Stir in 1/4 cup shredded cheese (optional) and milk, and set aside.
4. Preheat oven to 375 degrees F.
5. Brown turkey in a large saucepan. Stir in flour and cook for 1 minute, stirring constantly.
6. Add vegetables and broth. Bring to a slow boil for 10 minutes.
7. Spoon vegetable-meat mixture into an 8-inch square baking dish. Spread potatoes on top. Top with 1/4 cup of shredded cheese (optional). Bake 25 minutes. Serve hot.

Shepherd's Pie

FINISHED PRODUCT:



**CHECK OUT OUR REELS FOR A
STEP-BY-STEP VIDEO OF THIS
RECIPE IN ACTION!**