Recipe of the Week
Lentil Shepherd's Pie

Ingredients:

- 2 tablespoons olive oil
- ¼ cup shallots, diced
- 1 tablespoon garlic, minced
- 1 cup green lentils, dry
- 2 cups carrots, peeled and diced
- ½ cup celery leaves, diced
- 1 cup frozen peas
- 2 tablespoons parsley, chopped
- ½ teaspoon dried thyme
- ¼ teaspoon ground black pepper
- 4 cups (950 milliliters) low-sodium vegetable stock
- 2 medium rutabagas, peeled and cut into 2-inch cubes
- ½ teaspoon salt
- 2 tablespoons cornstarch

Serves 7
218 calories, 4 g fat, 37 g carbohydrate, 11 g fiber, 9 g protein, 347 mg sodium
Source: Food & Nutrition Magazine,
  Academy of Nutrition and Dietetics

Directions:

1. In a Dutch oven, heat olive oil over medium heat until hot. Add shallots and sauté about 2 minutes until translucent and lightly golden. Add garlic and sauté until fragrant, stirring frequently for about a minute. Add lentils, carrots, celery leaves, peas, parsley, thyme, black pepper and vegetable stock to the Dutch oven. Stir with a spoon to combine. Bring to a boil, cover, reduce heat to low and simmer for about 1 hour or until lentils are tender.
2. While the lentil mixture is simmering, place rutabaga in a large saucepan and cover completely with cold water. Bring to a boil and cook for about 20 minutes until tender. Drain the rutabaga using a colander and return to the saucepan. Add salt and mash rutabaga with a vegetable masher until smooth. Set aside.
3. In a small bowl, whisk cornstarch and about 4 tablespoons of lentil cooking liquid until completely combined. Add the cornstarch slurry to the lentils and boil for 2 to 3 minutes, stirring constantly, until the sauce thickens.
4. Preheat oven to 400°F (205°C). Using a clean large spoon, scoop and spread mashed rutabagas on top of the cooked lentil mixture in the Dutch oven, creating a thin layer that completely covers the lentils. Place on middle oven rack and cook for about 30 minutes until lentil mixture is bubbling and mashed rutabagas are slightly crispy.