

## SWEET POTATO & TURKEY SHEPHERD' S PIE

*(from the Bewitching Kitchen)*

leftover roast turkey, preferably dark meat, cut in small chunks

1 Tablespoon grapeseed oil (or olive oil)

1 shallot, diced

3 medium carrots, diced

1/2 cup frozen green peas

a few leaves of fresh sage, minced

salt and pepper

gravy from your Thanksgiving turkey

cooked sweet potatoes

veggie stock, amount variable

low-fat milk, amount variable

Cut enough leftover turkey meat to fully cover your baking dish. Give preference to dark meat, but a mixture of dark and breast works fine. Reserve.

Sautee the shallot and diced carrots in olive oil until they start to get some color, and soften up slightly. Season with salt and pepper, then add the turkey meat, the frozen peas, and the sage. Mix gently until the peas defrost, add some gravy, enough to moisten the whole mixture. Pour into a baking dish.

Prepare the potatoes by warming them slightly in a microwave, then mashing them with a little veggie stock and milk, also warmed up in a microwave. Taste, and if necessary, adjust seasoning. You need to add just enough liquid to be able to spread the mashed potatoes over the turkey.

Spoon the mashed sweet potatoes over the turkey & veggies, and place in a 375 F oven for 30 minutes or until all bubbly and hot.

Remove from the oven, and let it rest for 15 minutes before serving.