FEATURE RECIPE

GARDENER'S PIE

Our vegetarian riff on a "Shepherd's Pie". Green lentils are a hearty addition to the vegetable filling, with the classic potato topping. This recipe is an excellent source of iron, and the tomato sauce provides the vitamin C to increase iron absorption. Use a cast iron skillet to pump up the iron content even further!

Prep Time: 25 minutes **Cook Time:** 30 minutes **Makes:** 6 servings

Ingredients

2 Tbsp (30 mL) canola oil
3 cloves garlic, minced
1 leek (white only) or onion, sliced
2 medium sized carrots, chopped
1 small zucchini, chopped
1 red, green or yellow pepper, seeded & diced
6-8 brown mushrooms, chopped into quarters
1 cup (250 mL) green peas, frozen or fresh
2 cans (19 oz/540 mL) green lentils, drained & rinsed (yields 4 cups cooked lentils)
1 can (14 oz/398 mL) tomato sauce
2 tsp (10 mL) each, dried oregano, basil and thyme
3 large potatoes, peeled & thinly sliced
2 Tbsp (30 mL) melted butter or canola oil
Grated Parmesan, if desired

Directions

1. Preheat oven to 350°F (180°C).
2. In a large, oven proof skillet, over medium, heat oil. Add garlic, leek, carrots, zucchini, pepper and mushrooms and sauté until softened and fragrant. Stir in peas, lentils, tomato sauce and herbs.
3. Top vegetable mixture with layered sliced potatoes, brush generously with butter or oil. Sprinkle with grated Parmesan (if desired). (See tip for Cheesy Mashed Potato topping.)
4. Bake in preheated oven for 30-40 minutes until potato topping is golden brown and mixture is bubbly.

TIPS

- Interchange the veggies with whatever you have on hand! Turnip, cabbage, sweet potato, green beans, etc. all work well.
- Cut all the veggies about the same size to ensure even cooking.
- If you prefer, you can top with Cheesy Mashed Potatoes – you'll need: 3 large potatoes, ¼ cup (60 mL) milk or vegetable broth, ¾ cup (175 mL) grated cheddar cheese or other medium strong cheese. While the veggies are sautéing, bring a large pot of water and the potatoes to a boil over high heat and cook until potatoes are soft. Drain and mash with the milk or broth until smooth. Stir in ½ the cheese. Top the vegetable mixture with the cheesy mashed potatoes to cover and sprinkle with remaining cheese and grated parmesan if desired. Bake in preheated oven for 30 minutes until potatoes are golden brown and cheese is melted.

Nutrients per serving (1/6 of recipe)
377 Calories, 10 g Fat, 1 g Saturated Fat, 0 mg Cholesterol, 57 g Carbohydrate, 16 g Fibre, 11 g Sugars, 17 g Protein, 393 mg Sodium, 1312 mg Potassium, 7 mg Iron