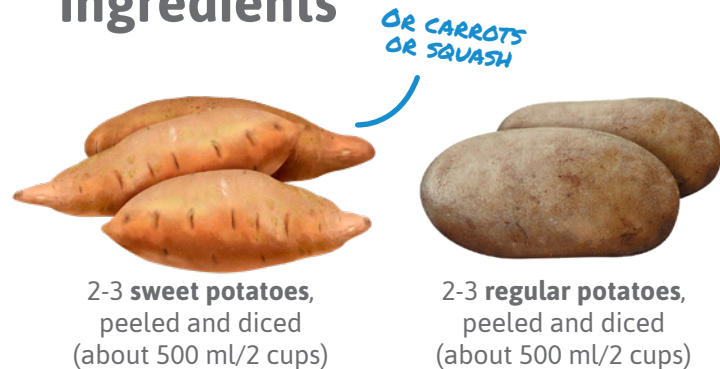


Lentil Shepherd's Pie

Preparation time	25 minutes
Cooking time	60 minutes
Servings	4
Cost per serving	\$1.62
Storage	3 days in the fridge. Can be frozen.
Kitchen tools	Measuring cups and spoons, cutting board, vegetable peeler, sharp knife, 8-inch square baking dish, large pot, can opener, frying pan, wooden spoon, colander, large bowl, fork (or potato masher)



Ingredients



2-3 **sweet potatoes**, peeled and diced (about 500 ml/2 cups)

2-3 **regular potatoes**, peeled and diced (about 500 ml/2 cups)



15 ml (1 tbsp) **canola oil**



1 large or 2 small **yellow onions**, peeled and chopped



3 **celery sticks**, chopped



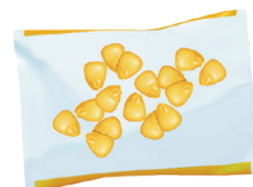
5 ml (1 tsp) **chili powder**



1 can (540 ml) **lentils**, drained and rinsed



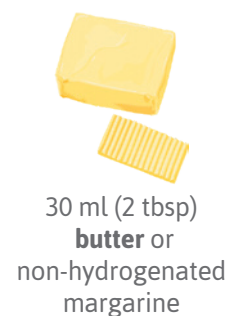
Salt, pepper and **Tabasco-style hot sauce**, to taste



500 ml (2 cups) **frozen corn nibs**

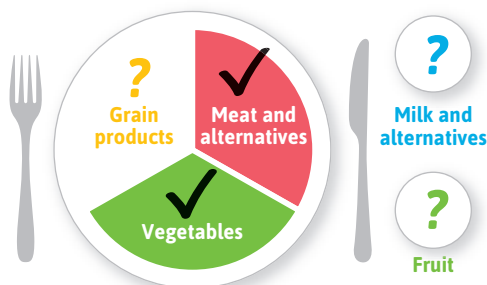


10 ml (2 tsp) **curry powder**



30 ml (2 tbsp) **butter** or non-hydrogenated margarine

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











Balanced plate

Serve with:

- ? A fruit
- ? A glass of milk or fortified soy beverage
- ? A grain product (bread or a home-made cookie for dessert, for example)

Directions

1	Place oven rack in the middle position and preheat the oven to 180°C (350°F). Oil an 8-inch square baking dish.	  <p>180°C (350°F)</p>
2	Place the sweet potatoes and regular potatoes in a large pot of salted water and bring to a boil over medium-high heat. Cook until tender (about 20 minutes).	 <p>00:20 Medium-High</p>
3	Meanwhile, heat the oil in a frying pan over medium-high heat. Add the onions and celery and cook about 5 minutes.	 <p>00:05 Medium</p>
4	Add the chili powder , lentils , salt , pepper and hot sauce . Cook about 2 minutes.	 <p>00:02</p>
5	Pour the lentil mixture into the baking dish and spread.	
6	Cover the lentil mixture with the corn nibs .	
7	Drain the sweet potatoes and the regular potatoes . Place in a bowl and mash with a fork or a potato masher. Add the curry powder , butter , salt and pepper .	 
8	Spread the mashed potato mixture over the corn nibs and cook for 40 minutes Tip: Use the cooking time to prepare your side dishes. Variations: <ul style="list-style-type: none"> • Use only regular potatoes. • Sprinkle a little chili powder on top of the shepherd's pie. 	  <p>00:40</p>

My rating: ★ ★ ★

Adapted from an original recipe developed by Joannie Bolduc, nutritionist and OLO health care practitioner (CIUSSS de la Capitale-Nationale)