



Hungry Chick Shepherd's Pie



1/4th of pie: 280 calories, 1.75g total fat (0.5g sat. fat), 576mg sodium, 36.5g carbs, 6g fiber, 7g sugars, 26.5g protein

Prep: 30 minutes **Cook:** 1 hour

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Ingredients

1 cup instant mashed potato flakes
3 cups frozen cauliflower florets
1/2 tbsp. light whipped butter or light buttery spread
2 dashes each salt and black pepper
12 oz. raw boneless skinless chicken breast cutlets
4 cups frozen mixed vegetables
One 8-oz. can sliced mushrooms, drained
1/2 cup fat-free chicken gravy
Optional seasonings: garlic powder, onion powder, paprika

Directions

Preheat oven to 375 degrees. Spray an 8-inch by 8-inch baking pan with nonstick spray.

In a large microwave-safe bowl, thoroughly mix potato flakes with 1 1/2 cups hot water. Add cauliflower and mix well. Cover and microwave for 3 minutes, or until potatoes have thickened and cauliflower is hot. Thoroughly mash. Mix in butter and a dash each salt and pepper.

Bring a large skillet sprayed with nonstick spray to medium-high heat. Add chicken and sprinkle with remaining dash each salt and pepper. Cook for 6 to 8 minutes per side, until cooked through. Set aside to cool.

Microwave frozen mixed veggies in a large microwave-safe bowl for 5 to 6 minutes, until thawed. Drain excess liquid and stir in mushrooms. Evenly transfer to the baking pan.

Chop chicken into bite-sized pieces. In the large bowl used to thaw the veggies, toss to coat chicken with gravy. Evenly distribute gravy-coated chicken over the veggies.

Evenly spoon potato-cauliflower mixture over the chicken, and smooth out the surface.

Bake until top is slightly browned, about 35 minutes. Dig in!

MAKES 4 SERVINGS

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