

Shepherd's Pie

8 medium potatoes, peeled, cubed
½ c sour cream
4 oz cream cheese
2 T 2% milk
½ t salt
20 oz lean ground turkey
4 large carrots, thinly sliced
1 c diced onion
3 T whole wheat flour
1 can beef broth
2 T worcestershire sauce
½ ground pepper

Boil potatoes until tender. Drain and beat in the sour cream, cream cheese, milk and salt. In large skillet, saute turkey, carrots and onion until turkey is cooked. Drain off grease. Stir in flour and then stir in remaining ingredients. Bring to a boil and stir till thickened. Pour turkey mixture into greased 13x9 baking dish. Spread potatoes on top. Bake at 350 degrees for 25 minutes.
8 servings – each 320 calories

Dill Shrimp Pasta

12 oz whole wheat spaghetti
2 T olive oil
½ c chopped green onions
3 cloves garlic, minced
2 lbs uncooked shrimp, tails off
1/3 c fresh squeezed lemon juice
8 oz cream cheese
½ c 2 % milk
2 T whole wheat flour
¼ c fresh dill, minced
1 t salt

Start boiling pasta. Meanwhile, in large skillet, saute onions & garlic for 1 min in olive oil. Stir in shrimp & juice. Cook until shrimp turns pink. Remove shrimp and keep warm. In same skillet, add cream cheese and melt under low heat. In small bowl, whisk milk with flour & then pour into skillet. Heat till thickened. Stir in dill and salt. Drain pasta. Top pasta with shrimp mixture.
8 servings – each 350 calories

Turkey & Cheese Meatballs

20 oz lean ground turkey
1 lb extra lean ground beef
¾ c oats
12 oz cheddar cheese, shredded
2 eggs
¼ c dried minced onion
2 t garlic powder
1 t dried oregano
1 t salt
1 t fresh ground pepper

Combine all ingredients in very large bowl. Shape into about 60 meatballs and place on large greased baking sheet. Bake at 375 degrees for 25 minutes.

*12 servings of 5 meatballs each
Each serving - 311 calories