

Turkey Pot Pie

Serves 4

1 teaspoon non-aromatic olive oil
½ sweet onion, cut in ¼" dice (1 cup)
2 carrots, cut in ½" dice (1 cup)
2 turnips, cut in ½ " dice (1 cup)
2 small parsnips, cut in ½ " dice (1/2 cup)
1½ cups homemade turkey or low sodium chicken stock
¼ teaspoon salt
1/8 teaspoon pepper
1-pound broccoli
2 ½ cups cooked turkey (2/3 dark and 1/3 white meat)

Sauce

¾-pound parsnips, peeled, roughly chopped, and steamed until tender
1 cup evaporated skim milk
¼ teaspoon salt

Cheese Biscuits (adapted from Eating Well Secrets of Low-Fat Cooking)

1 cup all-purpose flour
1 cup cake flour
1 tablespoon sugar
1½ teaspoons baking powder
½ teaspoon baking soda
¼ teaspoon salt
1 ½ tablespoons cold, hard, butter flavored margarine, cut in small pieces
¾ cup buttermilk
1 tablespoon non-aromatic olive oil
¼ cup grated lowfat sharp cheddar cheese
1 tablespoon lowfat milk to brush on top

1. Heat the oil in a chef's pan or skillet on medium high, Saute the onions, carrots, turnips and parsnips on medium heat 3 minutes. Pour in the stock and season with salt and pepper. Bring to a boil, reduce the heat, cover and simmer until the vegetables are tender, 6 minutes.
2. Whiz the steamed parsnips in a blender with a little of the evaporated milk until smooth, 2 minutes. Add the rest of the milk and the salt and whiz until smooth and velvety, another 30 seconds.
3. a. Preheat the oven to 425°F. Coat a baking sheet with pan spray. Whisk together the flours, sugar, baking powder, soda and salt in a bowl or combine in a processor.
b. Scatter the pieces of margarine over the top and cut in with 2 knives or pulse 2 or 3 times in the processor. Make a well in the center of the dry ingredients and pour in the buttermilk and oil. Stir with a fork just until blended or pulse 2 or 3 times in the processor.
c. Knead the dough very lightly on a floured board. Pat or roll out about ½" (1½ cm) thick and cut into 4 large (3½" or 9 cm) biscuits. Place on the

prepared baking sheet, brush with milk, dust with cheese and bake 15 minutes or until golden.

4. While the biscuits are baking, lay the broccoli on the simmering vegetables and cook until tender, 6 minutes or until tender but still bright green. Stir in the turkey and parsnip sauce and heat through.
5. Biscuits by the nature of their chemistry are high in calories and fat. To reduce the risk, make a whole recipe, cut the tops off 4 to use in the recipe and save the bottoms and extra biscuit to toast for breakfast. Spoon the turkey mixture into 4 hot soup plates and lay the biscuit halves on top.

Per serving: 438 calories, 9 g. fat, 2 g. saturated fat, 4% calories from saturated fat, 51 g. carbohydrates, 5 g. fiber, 715 mg. sodium

Classic per serving: 759 calories, 42 g. fat, 21 g. saturated fat, 25% calories from saturated fat, 41 g. carbohydrates, 3 g. fiber, 755 mg. sodium