

Harvest Vegetable Shepherd's Pie with Mashed Yam Crust

- 1 pound tempeh (tem-pay)
- 2 tablespoons pure olive oil
- 1 cup chopped onion
- 1 cup chopped carrots
- ½ teaspoon fresh thyme leaves, minced (or ¼ teaspoon dried thyme)
- 1 pound new potatoes, peeled and diced ½ inch thick
- 3 cups water or vegetable stock
- 3 tablespoons soy sauce or tamari
- ½ cup frozen peas, thawed
- ½ cup frozen corn kernels, thawed
- ½ teaspoon salt (optional)
- ¼ teaspoon freshly ground pepper
- 1 tablespoon cornstarch
- ¼ cup water or stock
- 1 ½ teaspoons chopped fresh sage, or ½ teaspoon dried
- 4 cups mashed sweet potatoes or yams or mashed potatoes
- ½ cups slice almonds (optional)

Preheat oven to 350°F. Crumble the tempeh into pieces that resemble cooked ground beef. Heat the olive oil over medium-high heat in a large sauté pan. Add the tempeh, onions, and carrots; cook until the onions are translucent, 3 to 5 minutes. Add the thyme, potatoes, water or vegetable stock, and soy sauce. Simmer this mixture until the potatoes are cooked but still firm, 15 to 20 minutes. Stir in the peas, corn, salt, and pepper. Bring to a simmer. Combine the cornstarch in a small bowl with the water until smooth. Add the cornstarch slurry to the simmering vegetables, stirring constantly. Stir in the sage.

Place the filling in a 9-inch pie plate or ovenproof casserole dish. Top with 4 cups of yams or mashed potatoes. Sprinkle the pie with the sliced almonds. Bake the pie for 25 to 30 minutes, until the yams and almonds are golden brown and the filling is bubbling.

(OVER)

Serves 6

Per serving (analyzed without salt and vegetable stock): 525 calories, 19 grams fat, 71 grams carbohydrate, 610 sodium, 0 mg cholesterol, 10 grams fiber

Adapted from our “Cookbook of the Quarter,” *The Whole Foods Market Cookbook*, available at Barnes & Noble.

This recipe comes highly recommended by Heart Path’s exercise specialist, Chris Meyers. He often makes this tasty and filling dish for company. The new year will be off to a great start with a heart healthy, vegetable laden dish on your dinner table.

For those unfamiliar with tempeh; it is a fermented soy product that has meat-like qualities which make it easily adaptable to Western cuisine. Unlike many of the soy foods Americans consume, for example, soy cheese, soy hot dogs, soy ice cream; tempeh is a whole soy food. The studies which confirmed the health benefits of soy were based on Asians who were eating more whole soy foods, not highly processed soy products. Tempeh is available in the refrigerated section of your local grocery store.

We wish you health and happiness in the New Year.

Your Partners in Health,
Candace and Laura