



 **64%**  
HEALTH SCORE

## Hearty Lentil and Mushroom Shepherd's Pie

 Dairy Free  Very Healthy

READY IN



75 min.

SERVINGS



8

CALORIES



256 kcal

### Ingredients

- 8 ounces arugula
- 6 ounces crimini mushrooms
- 1 tablespoon soy sauce reduced-sodium
- 30 ounce lentils (with a little of their cooking liquid) rinsed cooked drained canned
- 3 tablespoons cornstarch
- 0.5 teaspoon thyme dried
- 2 tablespoons wine dry red
- 2 cloves garlic minced
- 2 tablespoons butter

- 2 tablespoons olive oil
- 1 large onion finely chopped
- 1 cup panko bread crumbs fresh gluten-free ( if needed)
- 8 servings pepper freshly ground to taste
- 0.5 cup rice milk
- 8 servings salt to taste
- 2 teaspoons suya seasoning mix (such as Spike or Mrs. Dash)

## Equipment

- frying pan
- sauce pan
- oven
- mixing bowl
- casserole dish

## Directions

- Place in a large saucepan with enough water to cover. Bring to a simmer, then cover and simmer until tender, about 20 minutes.
- Drain and transfer to a small mixing bowl. Stir the margarine into the potatoes until melted, then add the rice milk and mash until fluffy. Cover and set aside until needed. Preheat the oven to 400 degrees. While the potatoes are cooking, heat the oil in a medium skillet.
- Add the onion and sauté over medium heat until translucent.
- Add the garlic and mushrooms and continue to sauté until the onion is golden.
- Add the lentils and their liquid and bring to a gentle simmer. Stir in the optional wine, soy sauce, seasoning blend, thyme, and pepper. Cook gently for 5 minutes.
- Combine the cornstarch with just enough water to dissolve in a small container. Stir into the lentil mixture.
- Add the spinach, a little at a time, cooking just until it's all wilted down.
- Remove from the heat; taste to adjust seasonings to your liking. Lightly oil a 2-quart (preferably round) casserole dish, or two deep-dish pie plates. Scatter the breadcrumbs

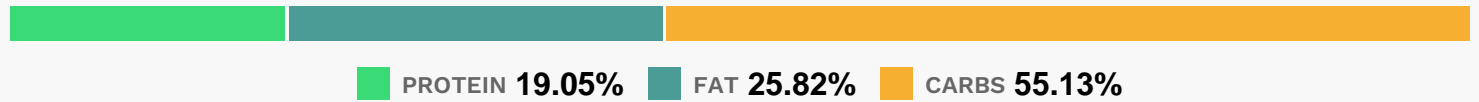
evenly over the bottom.

Pour in the lentil mixture, then spread the potatoes evenly over the top. If using two pie plates, divide each mixture evenly between them.

Bake for 30 to 35 minutes, or until the potatoes begin to turn golden and slightly crusty.

Let stand for 5 to 10 minutes, then cut into wedges to serve.

## Nutrition Facts



## Properties

Glycemic Index:29.33, Glycemic Load:5.76, Inflammation Score:-8, Nutrition Score:19.330000204237%

## Flavonoids

Petunidin: 0.12mg, Petunidin: 0.12mg, Petunidin: 0.12mg, Petunidin: 0.12mg Delphinidin: 0.16mg, Delphinidin: 0.16mg, Delphinidin: 0.16mg, Delphinidin: 0.16mg Malvidin: 0.98mg, Malvidin: 0.98mg, Malvidin: 0.98mg, Malvidin: 0.98mg Peonidin: 0.07mg, Peonidin: 0.07mg, Peonidin: 0.07mg, Peonidin: 0.07mg Catechin: 0.29mg, Catechin: 0.29mg, Catechin: 0.29mg, Catechin: 0.29mg Epicatechin: 0.4mg, Epicatechin: 0.4mg, Epicatechin: 0.4mg, Epicatechin: 0.4mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 2.16mg, Isorhamnetin: 2.16mg, Isorhamnetin: 2.16mg, Isorhamnetin: 2.16mg Kaempferol: 10.02mg, Kaempferol: 10.02mg, Kaempferol: 10.02mg, Kaempferol: 10.02mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 6.09mg, Quercetin: 6.09mg, Quercetin: 6.09mg, Quercetin: 6.09mg

## Nutrients (% of daily need)

Calories: 256.3kcal (12.82%), Fat: 7.54g (11.6%), Saturated Fat: 1.27g (7.96%), Carbohydrates: 36.24g (12.08%), Net Carbohydrates: 25.98g (9.45%), Sugar: 4.88g (5.42%), Cholesterol: 0mg (0%), Sodium: 372.03mg (16.18%), Alcohol: 0.39g (100%), Alcohol %: 0.23% (100%), Protein: 12.52g (25.04%), Folate: 240.87µg (60.22%), Vitamin K: 44.29µg (42.18%), Manganese: 0.84mg (42.09%), Fiber: 10.26g (41.06%), Iron: 5.06mg (28.09%), Phosphorus: 257.2mg (25.72%), Copper: 0.44mg (21.78%), Vitamin B1: 0.3mg (19.92%), Potassium: 663.27mg (18.95%), Vitamin A: 830.76IU (16.62%), Magnesium: 64.01mg (16%), Selenium: 10.84µg (15.48%), Vitamin B2: 0.26mg (15.02%), Vitamin B6: 0.29mg (14.56%), Vitamin B3: 2.63mg (13.15%), Zinc: 1.92mg (12.82%), Vitamin B5: 1.21mg (12.12%), Calcium: 113.45mg (11.34%), Vitamin C: 7.54mg (9.13%), Vitamin E: 1.1mg (7.35%)