

## Skillet Gardener's Pie

 **Gluten Free**  **Dairy Free**  **Very Healthy**

READY IN



**65 min.**

SERVINGS



**6**

CALORIES



**158 kcal**

### Ingredients

- 2 cups baby spinach packed
- 2 large carrots diced
- 2 ribs celery diced minced
- 1 tablespoon cornstarch
- 0.3 teaspoon sage dried
- 2 teaspoons rosemary leaves dried fresh minced (or 1 tsp.)
- 2 cloves garlic minced
- 8 ounces mushrooms diced
- 1 large onion diced

- 6 servings rosemary for garnish
- 6 servings salt and pepper to taste
- 0.5 cup non-dairy milk (or other non-dairy milk)
- 1.5 teaspoons thyme leaves
- 2 cups vegetable stock fat-free
- 2 tablespoons water (or veg. broth)
- 2 pounds potatoes – remove skin red

## Equipment

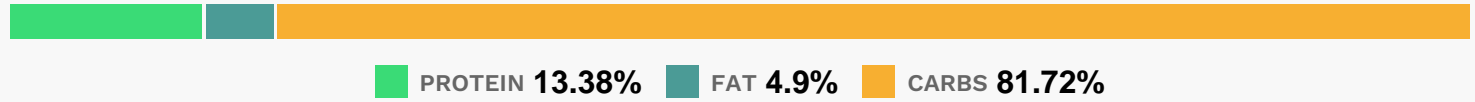
- bowl
- frying pan
- pot
- broiler

## Directions

- Place potatoes in a large pot and cover with water. Bring to a boil and simmer until potatoes are tender. Reserve a cup of their cooking water, if possible, and drain.
- Place in a large bowl, add the non-dairy milk, and mash until smooth, adding a little of the potato-cooking water if they seem too dry.
- Add salt and freshly ground pepper to taste and set aside in a warm place. While the potatoes are cooking, make the “pie” filling.
- Heat a large non-stick or cast iron skillet on a medium-high burner and add the onions. Sauté until onions are translucent.
- Add the garlic, carrots, celery, and mushrooms, and sauté for 3 more minutes.
- Add the vegetable broth, kidney beans, green beans, and herbs. Simmer on medium heat for 20 minutes and all vegetables are tender.
- Add salt and pepper to taste (I added a little hickory smoke salt). There should still be some liquid in the pan, but if it has become too dry, add a little of the potato-cooking water.
- Add the spinach and stir until it's completely wilted.

- Mix the corn starch with the water until smooth, and add it to the pan. Cook, stirring, until mixture has thickened. Spoon the potatoes evenly over the top of the filling and sprinkle with chopped rosemary. If potatoes have cooled, put the skillet under the broiler for a minute or two.
- Serve immediately while hot.

## Nutrition Facts



### Properties

Glycemic Index:65.54, Glycemic Load:2.44, Inflammation Score:-10, Nutrition Score:19.620434781779%

### Flavonoids

Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Apigenin: 0.4mg, Apigenin: 0.4mg, Apigenin: 0.4mg, Apigenin: 0.4mg Luteolin: 0.47mg, Luteolin: 0.47mg, Luteolin: 0.47mg, Luteolin: 0.47mg Isorhamnetin: 1.25mg, Isorhamnetin: 1.25mg, Isorhamnetin: 1.25mg, Isorhamnetin: 1.25mg Kaempferol: 0.89mg, Kaempferol: 0.89mg, Kaempferol: 0.89mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 6.57mg, Quercetin: 6.57mg, Quercetin: 6.57mg, Quercetin: 6.57mg

### Nutrients (% of daily need)

Calories: 158.39kcal (7.92%), Fat: 0.91g (1.4%), Saturated Fat: 0.15g (0.96%), Carbohydrates: 34.09g (11.36%), Net Carbohydrates: 29.38g (10.68%), Sugar: 6.29g (6.99%), Cholesterol: 0mg (0%), Sodium: 582.83mg (25.34%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.58g (11.16%), Vitamin A: 5290.42IU (105.81%), Vitamin K: 59.95µg (57.09%), Potassium: 1048mg (29.94%), Vitamin C: 22.88mg (27.74%), Vitamin B6: 0.45mg (22.54%), Manganese: 0.43mg (21.49%), Vitamin B3: 4.15mg (20.73%), Copper: 0.39mg (19.66%), Fiber: 4.71g (18.84%), Folate: 74.05µg (18.51%), Vitamin B2: 0.29mg (17%), Phosphorus: 150.82mg (15.08%), Vitamin B1: 0.21mg (13.73%), Magnesium: 52.83mg (13.21%), Vitamin B5: 1.13mg (11.32%), Iron: 1.96mg (10.87%), Calcium: 78.28mg (7.83%), Selenium: 5.21µg (7.44%), Zinc: 0.94mg (6.26%), Vitamin E: 0.92mg (6.12%), Vitamin B12: 0.23µg (3.79%), Vitamin D: 0.31µg (2.08%)