

Shred-perds Pie

Preheat your oven to 350. Meanwhile, boil water in a large pot. Add cubed sweet potatoes (skin on!) to boiling water, and cook until fork tender. Drain and set aside as you prepare the turkey and Brussels sprouts.

Heat a medium size skillet and add 1 tsp olive oil until hot. Then add chopped onion and cook until translucent. Then add ground turkey and seasonings, including the pinch of salt. Cook until turkey is browned and cooked through. Transfer the turkey to your square baking dish (be sure to grease it lightly beforehand, with a bit of oil or non stick spray).

Put the skillet back on the stove and heat another teaspoon of olive oil in the pan. Now add the shredded brussels sprouts, and 1/4 cup water. Cook at medium heat until they start to wilt and soften. Then drizzle with the Bragg's and cook until everything is soft. Now layer the brussels on top of the turkey that you already have in the baking dish.

In a large bowl, or the pan you used to boil the water, combine the drained potatoes, a splash of plain unsweetened almond milk, a pinch of salt, and 1 teaspoon of coconut oil. Then mash! If you like a creamier consistency, you can throw it in the blender for a few seconds. Once mashed to your liking, place on top of the Brussels sprouts. Then bake at 350 for 20 minutes, or until the potatoes look slightly browned on top.