**Shepard’s Pie**

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Serves: 6 servings

INGREDIENTS

* **Crust:**
* 1 cup brazil nuts
* ⅓ cup almond flour
* ⅓ cup palm shortening
* ½ tsp salt
* 2 tbsp [garlic infused oil](http://sibodietrecipes.com/garlic-infused-oil/)
* **Filling:**
* 2 tbsp [garlic infused oil](http://sibodietrecipes.com/garlic-infused-oil/)
* ¾ lb ground turkey thighs
* 1 cup frozen peas
* 1 large carrot
* 1 tsp salt
* ¼ tsp black pepper
* ¼ tsp red pepper flakes
* ¼ tsp marjoram
* **Topping:**
* 1 Kambocha Squash
* ½ tsp salt
* ¼ cup 24 hr or lactose free yogurt- can use dairy free yogurt, water or almond milk instead

INSTRUCTIONS

1. Put Brazil nuts into Cuisinart and blend until it makes a fine powder
2. Mix all pie crust ingredents together in a med size bowl using hands to press oils into flour.
3. Form dough into a large patty and wrap in parchment paper and put in freezer for 30min
4. While dough is in freezer cut up Kambocha smash into 8 pieces and put in double boiler
5. Boil until soft enough to scoop out meat from skin
6. When done set aside to cool.
7. Heat skillet to med high heat and add garlic oil
8. Add carrots and salute until they start to brown
9. Add peas and let cook for a few more min
10. Push all veggies off around the rim of skillet and add ground turkey to the middle of the skillet
11. Add spices and salt
12. Using a spatula or spoon chop up turkey meat as its cooking so it breaks into smaller pieces
13. Once turkey has browned on both sides and is nearly done stir in peas and carrots sauté until meat is cooked all the way through
14. Turn off skillet and set aside
15. Preheat oven to 400 degrees
16. Add dough to pie tin or baking dish and spread out to form the crust
17. Bake crust for 20min
18. Remove seeds from squash
19. Peel off skin and put squash, salt and yogurt in Cuisinart (can use water, coconut milk or almond milk instead of yogurt)
20. Blend until smooth
21. When crust is finished remove from oven and add in turkey and veggie sauté
22. Top with mashed squash
23. Bake in oven for 20min
24. Remove from oven and let cool before eating