Mini Shepherd’s Pies

Overview
This spin on a classic winter comfort food is great for your heart and your stomach. By using a convenient and delicious frozen squash puree you add lots of nutrients and flavor. These mini versions are baked in individual ramekins which guarantee perfect serving sizes that get onto the table fast!

Ingredients
• 2 teaspoons canola oil
• 1/2 cup chopped onion
• 340g (3/4lb) x-lean ground beef
• 2 tablespoons all-purpose flour
• 1 tablespoon tomato paste
• 1 cup reduced-sodium beef broth
• 170g (6 cups) baby spinach, chopped
• 3/4 teaspoons salt, divided
• 1/2 teaspoon garlic powder, divided
• 680g (24 oz) frozen winter squash puree, thawed
• 1/3 cup finely shredded Parmesan cheese

Directions
1. Position rack in upper third of oven, preheat broiler.
2. Heat oil in a large skillet, over medium-high heat. Add onion and cook, stirring, until beginning to soften, about 2 minutes.
3. Reduce heat to medium, stir in beef, flour and tomato paste, and cook, stirring until the beef is mostly browned, approximately 3 minutes.
4. Add broth, scrapping up any browned bits with a wooden spoon. Bring to a boil and cook, stirring occasionally, until the broth is the consistency of thick gravy, about 4 minutes.
5. Stir in spinach, 1/4 teaspoon salt and 1/4 teaspoon garlic powder; cook until the spinach is just wilted, about 1 minute.
6. Remove from heat.
7. Place squash in a fine-mesh sieve and gently press on it to extract excess liquid. Transfer to a bowl and stir in the remaining 1/2 teaspoon salt and 1/4 teaspoon garlic powder.
8. Divide the meat mixture among 4 -10 oz broiler-safe ramekins and top each with about 1/2 cup of the squash.
9. Place the ramekins on a baking sheet and into the oven.
10. Broil until heated through and bubbling around the edge about 10 minutes.
11. Sprinkle with cheese and broil until it is just melted, about 3 more minutes.

Nutrition Information

Per 1 Mini Shepherd’s Pie:
- Calories: 336
- Fibre (g): 5 g
- Fat: 13 g
- Sodium: 708 mg
- Saturated Fat: 5 g
- Protein: 29 g
- Carbohydrates: 26 g
- Cholesterol: 70 mg
Steps for a Healthy Heart

In honour of February being Heart Awareness Month, we’re bring you simple tips to help you improve and maintain your heart health. Cardiovascular disease, or heart disease, is the number one killer of Canadians today which is why keeping your heart happy is so important. By following these guideline you will be taking a giant step towards ensuring you stay healthy and happy.

According to Health Canada, you should…

1. **Be a non smoker!** Quitting smoking, or not smoking greatly reduces your risk of heart disease as well as risk of heart attack, stroke and many types of cancer. Not smoking may also help in increasing the amount of “good” cholesterol in your blood. Free help is available by telephone and online to assist you in quitting.

2. **Talk to your doctor and get checked out regularly.** Measuring your blood cholesterol levels helps make you aware of your health, as high blood cholesterol is linked with approximately 1/3 of all worldwide heart diseases cases. You should also discuss other potential risk factors that exist for heart disease so you stay informed and know how to manage any health concerns that could potentially increase your risk. Early detection and treatment of things such as high cholesterol, diabetes, and high blood pressure can vastly improve your health and reduce your risk of heart disease.

3. **Get moving!** Making physical activity an every day part of life is not only an important part of a healthy heart, but part of an overall healthy lifestyle. Canada’s Physical Activity Guide to Healthy Active Living recommends that you aim for a minimum of 150 minutes of moderate or vigorous physical activity per week. That means 30 minutes most days of the week. Start out small by breaking exercise into 10 minute increments so it doesn’t seem too overwhelming. Take the stairs instead of an elevator, try walking or biking to work, or take a nice walk during your lunch hour. If you live far from your workplace, you might consider getting off a few stops early.

4. **Maintain a healthy weight.** Losing just 5 to 10 percent of your body weight can greatly improve your blood pressure, cholesterol levels and lower your risk for diabetes. By adjusting the amount of food you consume and incorporating physical activity into your life you set yourself up for great success in achieving and maintaining a healthy weight.

5. **Eat a wider variety of foods.** As part of a well balanced diet, Canada’s Food Guide recommends that we should enjoy a variety of foods and include low fat options into our diet.
Heart Healthy Grocery List

Start implementing a lifestyle oriented around keeping a healthy heart. Next time you go grocery shopping, buy these items:

1) Meats labelled “lean” or “extra lean”
2) Chicken or fish (contain less saturated fat)
3) Skim or 1% Milk
4) Low fat or non fat yogurt
5) Egg—7 egg yolks per week is okay
6) Fruits and vegetables in ANY form! (fresh, frozen, canned)
7) Whole grain breads, cereals, and rolls
8) Liquid vegetable oils high in unsaturated fat i.e. canola, olive, sesame, sunflower etc.
9) Hard cheeses that are “low fat” (<20% m.f.)
10) Soft cheeses that are 1% m.f. (ie. cottage cheese)

Keep Nutrition in Mind to Keep That Heart Pumping...

For your age and gender, know the daily recommended servings of fruits and vegetables. For a majority of Canadians, this means eating at least one dark green and one orange vegetable each day. Consult the Canada’s Food Guide on the Health Canada website at [http://www.hc-sc.gc.ca/fn-an/food-guide-aliment/index-eng.php](http://www.hc-sc.gc.ca/fn-an/food-guide-aliment/index-eng.php)

By consuming more fresh and unprocessed foods instead of pre-packaged or convenience foods, you limit trans fats, saturated fats, and sodium.

When buying groceries, read the nutrition labels to make better food choices! Choose products lower in saturated fat, sugar and salt and higher in fibre.
Brought to you by the Dietitians at the HPC

References and Further Reading


10 Tips to a Healthy Heart (http://www.eatingwell.com/nutrition_health/heart_health/10_steps_to_heart_health)


Did you find this newsletter interesting and helpful?

Do you have more questions on how to make healthy changes to your lifestyle?

Come see a Registered Dietitian at the HPC. Learn how much you need to eat, how to optimize your metabolism, prevent cravings, and increase your energy levels!

For more information or to book an appointment, please call 519-767-5011 (press 1 for reception).