

Makes 6 Servings

Use Chantal® Copper Fusion® 3 Qt. Saucepan and 8"x8" Square Baker



Sophie Uliano's Cozy Cottage Pie (Vegetarian)*

Main Ingredients:

2 large sweet potatoes or yams
2 teaspoons butter, plus more for greasing
Salt and freshly ground black pepper
1 large egg white
2 cups broccoli florets plus 1 cup peeled and chopped stems
1 cup chopped parsnips
1 cup sliced brown mushrooms
2 teaspoons Worcestershire sauce

2 cups ricotta cheese
½ cup crumbled feta cheese
¼ cup buttermilk (you can throw the rest of the carton into a smoothie)
1 teaspoon Dijon mustard
½ teaspoon mixed dried Italian herbs
2 tablespoons whole-wheat breadcrumbs (make in the food processor out of the leftover end of a loaf)
2 teaspoons grated Parmesan cheese

*As featured in Sophie's *Gorgeously Green Diet* cookbook



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Preparation:

1. Preheat the oven to 400°F.
2. Using the Saucepan, cook the sweet potatoes in boiling salted water to cover until soft when pierced with a knife. Drain and mash. Add the butter, 1 teaspoon salt and ½ teaspoon pepper. Set aside.
3. Steam the broccoli and parsnips for 6 to 8 minutes, until tender, adding the mushrooms for the last minute. Place the vegetables in a bowl, add the Worcestershire sauce, and season with salt and pepper to taste.
4. Combine the ricotta cheese, feta cheese, and buttermilk in a food processor and process until smooth. Add the mustard, Italian herbs, and a pinch of salt.
5. Grease the Baker with a little butter and spread the vegetable mixture over the bottom. Spoon the ricotta mixture on top, followed by the yams. Sprinkle with the breadcrumbs and Pamesan cheese.
6. Place the Baker in the oven and bake uncovered for about 30 minutes, until bubbling and the top is browned.