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## **SQUASH-TOPPED COTTAGE PIES**

**Final Lifestyle**

**Ingredients** (Note: You'll need four 10-ounce broiler-safe ramekins)

2 TSP extra-virgin olive oil  
1/2 cup chopped onion  
12 oz. 93%-lean ground beef  
1 TBS tomato paste  
2 TBS all-purpose flour  
1 cup reduced-sodium beef broth  
6 oz. baby spinach, chopped  
3/4 TSP salt, divided  
1/2 TSP garlic powder, divided  
2 12-ounce packages frozen winter squash puree, thawed  
1/3 cup finely shredded Parmesan cheese

### **Instructions**

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, tomato paste and flour, and cook, stirring, until the beef is mostly browned, about 3 minutes. Add broth, scraping 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.
4. Stir in spinach, 1/4 teaspoon salt and 1/4 teaspoon garlic powder; cook until the spinach is just wilted, about 1 minute. Remove from the heat.
5. Place squash in a fine-mesh sieve and gently press on it to extract excess liquid. Transfer to a bowl. Stir in the remaining 1/2 teaspoon salt and 1/4 teaspoon garlic powder. Divide the meat mixture among four 10-ounce broiler-safe ramekins. Top each with about 1/2 cup of the squash. Place the ramekins on a baking sheet. Broil until heated through and bubbling around the edges, about 10 minutes. Sprinkle with cheese and broil until it is just melted, about 3 minutes more.

**Portion-Per-Serving Information** (Yields 4 servings):

1 serving = 1 ramekin = 1 P, 1 V, 1/2 FT