

Upgraded Shepherd's Pie with Whitefish

Also known in the United Kingdom as cottage pie, shepherd's pie is as comforting as meat loaf—but with veggies for a nutritional boost. Here, we've taken out the potatoes and minced meat—typical ingredients in shepherd's pie—and added whitefish and powerful parsnips, a cream-colored root vegetable rich in prebiotic fiber, vitamin C, and polyacetylenes, chemical compounds with anticancer benefits.

Adult Canine, with Supplements

Yields 4½ pounds

36 calories/ounce

25 ounces fresh whitefish
 1 pound ground lamb
 5 large eggs, shelled
 4 ounces carrots
 4 ounces parsnips
 4 ounces fresh or frozen peas
 4 ounces fresh tomatoes
 8 grams dried thyme
 8 grams ground turmeric
 5 grams nutritional yeast
 9 grams eggshell powder
 1 gram kelp powder
 (containing 700 micrograms of iodine per gram of kelp powder. This is a total of 700 micrograms iodine if you are using an iodine supplement rather than kelp powder.)

Supplements

- 4 milligrams copper
- 30 milligrams zinc
- 100 IU vitamin E

1. In a large bowl, mix food ingredients (except eggshell and kelp powders) together.
2. In a small bowl, mix powders and supplements together, stirring well.
3. Dust ⅓ the powder over food and mix very thoroughly. Add remaining powder and mix thoroughly again.
4. Serve raw, poached, or gently cooked.