

Chicken Pot Pie

Prep Time: 20 minutes

Cook Time: 57 minutes

Total Time: 1 hour 17 minutes

Servings: 6 servings, about 1 cup each

Calories: 284

Ingredients:

- 6 tsp. olive oil, divided use
- ½ medium onion
- 2 Tbsp whole-wheat flour
- 1 ½ cups 2% milk
- 1 cup of low-sodium chicken stock
- ½ tsp of sea salt
- ½ tsp of pepper
- 1 tsp of fresh thyme, finely chopped
- 1 ½ cups frozen green peas and carrot mix
- ¾ cup cubed cooked sweet potatoes
- 2 ½ cups cubed cooked chicken breast
- 6 sheets of phyllo dough, thawed, covered in a slightly damp towel

Instructions:

- Preheat oven to 375° F
- Heat 2 tsp oil in large nonstick skillet over medium high heat
- Add onion, stirring frequently until onion is translucent
- Add 1 tsp. of oil, stir
- Add flour; cook stirring frequently for 1 to 2 minutes or until flour and oil form a paste
- Slowly add milk, broth, salt, pepper, thyme. Bring to a boil stirring frequently
- Add peas, sweet potatoes, and chicken; cook stirring frequently
- Place chicken mixture in baking dish. Set aside
- Place phyllo on work surface. Keeping the original stack covered, remove one sheet at a time and quickly brush with remaining olive oil. Cut oiled stack of phyllo into quarters. Place phyllo loosely on top of chicken mixture; covering evenly.
- Bake for 30 to 35 minutes, or until phyllo dough is golden brown. Turn halfway through bake time.

Nutrition Facts

Chicken Pot Pie

Amount Per Serving (1 serving)

Calories 284

Calories from Fat 72

| | % Daily Value* |
|--------------------------|----------------|
| Fat 8g | 12% |
| Saturated Fat 2g | 13% |
| Cholesterol 49mg | 16% |
| Sodium 432mg | 19% |
| Carbohydrates 27g | 9% |
| Fiber 3g | 13% |
| Sugar 6g | 7% |
| Protein 24g | 48% |

* Percent Daily Values are based on a 2000 calorie diet.