



SPEEDY CHICKEN POTPIE

January 11, 2010

Yield: 4 servings (serving size: 1 ¼ cups chicken mixture and 3 piecrust strips)

Though you have to hustle, you really can get this chicken potpie on the table in 20 minutes. Start browning the chicken and bringing the broth to a boil right away, and get the pie dough in the oven as soon as it reaches 425°. Strips of pastry are a quick stand-in for the traditional crust on top.

Cooking spray

- 1 pound skinless, boneless chicken breasts, cut into ½-inch pieces
- ¼ teaspoon salt
- 3 cups fat-free, less-sodium chicken broth, divided
- 1 bay leaf
- 2 cups refrigerated diced potatoes with onion (such as Simply Potatoes)
- ¾ cup frozen green peas and diced carrot blend
- 3 tablespoons all-purpose flour
- ½ teaspoon chopped fresh thyme
- ¼ teaspoon black pepper
- ¼ teaspoon dried rubbed sage
- ¼ (15-ounce) package refrigerated piecrust dough

1. Preheat oven to 425°.
2. Heat a large nonstick skillet over medium-high heat. Coat pan with cooking spray. Add chicken to pan; sprinkle with salt. Saute' 5 minutes or until browned and done.
3. While chicken cooks, bring 2½ cups broth and bay leaf to a boil in a large saucepan. Add potatoes; cover and cook over medium-high heat 8 minutes. Stir in peas and carrots; cover and cook 2 minutes. Stir in chicken. Combine remaining ½ cup broth and flour; stir into potato mixture. Reduce heat to medium; cook 2 minutes or until bubbly and thick. Remove bay leaf. Stir in thyme, pepper, and sage.
4. While potato mixture cooks, cut piecrust dough crosswise into 12 strips. Arrange on a parchment-lined baking sheet. Bake at 425° for 7 minutes or until browned and puffy. Top chicken mixture with piecrust strips.

Nutrition Information

Calories 341; Fat 8.5g (Sat 2.9g; Mono 2.5g; Poly 0.7g); Protein 30.4g; Carbohydrate 33.6g; Fiber 2.5g; Cholesterol 69mg; Iron 1.7mg; Sodium 813mg; Calcium 20mg

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CHRONIC DISEASE HEALTH PROMOTION AND EDUCATION PROGRAM

Providing guidance and support to make the “healthy choice the easy choice.”

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