

Chicken Pot Pie (Light)

20-Minute Meals

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Servings: 4

1 sheet frozen puff pastry, thawed
1 tablespoon oil
3 medium carrots, chopped
1 large onion, chopped
12 ounces skinless, boneless chicken breasts, chopped
1 cup frozen peas
1 1/2 cups lower-sodium chicken broth
1/4 teaspoon dried thyme
1/4 teaspoon salt
3 tablespoons cornstarch
1/4 cup lower-sodium chicken broth

Preheat the oven to 400 degrees.

Cut four four-inch circles from the puff pastry. Arrange on a parchment-lined cookie sheet. Bake for 15 minutes.

In a large skillet, heat the oil on medium heat. Add the carrots and onion. Cook for 10 minutes.

Add the chicken, peas, chicken broth, thyme and salt. Heat to simmering.

In a bowl, add the cornstarch into 1/4 cup of chicken broth. Add to the skillet. Simmer for 5 minutes.

Top with the puff pastry and serve.

Per Serving (excluding unknown items): 115 Calories; 4g Fat (28.2% calories from fat); 3g Protein; 18g Carbohydrate; 4g Dietary Fiber; 0mg Cholesterol; 194mg Sodium. Exchanges: 1/2 Grain(Starch); 1 1/2 Vegetable; 1/2 Fat.

Chicken

Per Serving Nutritional Analysis

Calories (kcal):	115	Vitamin B6 (mg):	.1mg
% Calories from Fat:	28.2%	Vitamin B12 (mcg):	0mcg
% Calories from Carbohydrates:	62.3%	Thiamin B1 (mg):	.1mg
% Calories from Protein:	9.4%	Riboflavin B2 (mg):	.1mg
Total Fat (g):	4g	Folacin (mcg):	32mcg
Saturated Fat (g):	trace	Niacin (mg):	1mg
Monounsaturated Fat (g):	2g	Caffeine (mg):	0mg

Polyunsaturated Fat (g): 1g
Cholesterol (mg): 0mg
Carbohydrate (g): 18g
Dietary Fiber (g): 4g
Protein (g): 3g
Sodium (mg): 194mg
Potassium (mg): 272mg
Calcium (mg): 31mg
Iron (mg): 1mg
Zinc (mg): trace
Vitamin C (mg): 13mg
Vitamin A (i.u.): 15455IU
Vitamin A (r.e.): 1545RE

Alcohol (kcal): 0
% Refuse: 00%

Food Exchanges

Grain (Starch): 1/2
Lean Meat: 0
Vegetable: 1 1/2
Fruit: 0
Non-Fat Milk: 0
Fat: 1/2
Other Carbohydrates: 0

Nutrition Facts

Servings per Recipe: 4

Amount Per Serving

Calories 115 Calories from Fat: 32

% Daily Values*

Total Fat	4g	6%
Saturated Fat	trace	2%
Cholesterol	0mg	0%
Sodium	194mg	8%
Total Carbohydrates	18g	6%
Dietary Fiber	4g	16%
Protein	3g	
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Vitamin A		309%
Vitamin C		22%
Calcium		3%
Iron		6%

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