

# Chicken Pot Pie III

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*3 (2-1/2 pounds total) split chicken breasts, bone-in, skin on  
2 tablespoons olive oil  
Kosher salt and freshly ground black pepper  
3 cups water  
1 cup (about 4) carrots, peeled and finely sliced  
1 cup (about one large) white potato, peeled and diced  
1/2 cup (one small) yellow onion, finely diced  
1 cup fresh or frozen peas  
4 tablespoons unsalted butter  
4 tablespoons all-purpose flour, plus extra for rolling out the dough  
2 cups chicken stock  
1 cup heavy cream  
1 teaspoon poultry seasoning  
2 nine-inch unbaked pie crusts, homemade or store-bought  
1 large egg, slightly beaten*

Preheat the oven to 375 degrees.

Rinse the chicken and pat dry with paper towels. Rub the chicken with the olive oil and generously season with salt and pepper. Place on a baking sheet and roast until cooked through, about 35 to 40 minutes. Set aside until cool enough to handle, then remove and discard the bones and the skin. Cut the chicken meat into large dice. You should have about three to four cups of chicken.

While the chicken is roasting, in a medium saucepan over high heat bring the water to a boil. Add the carrots, potato, onion and peas and cook until crisp-tender, about 8 minutes. Drain well and set aside.

Raise the oven temperature to 395 degrees.

In another large pot, melt the butter over medium-low heat. Add the flour and whisk until the mixture is golden brown, about 4 to 5 minutes. Whisk in the chicken stock and cream. Add the poultry seasoning and season with salt and pepper to taste. Cook, stirring often, until thickened, about 5 minutes. Add the chicken, carrots, potato, onion and peas. Stir to combine. Adjust the seasonings as necessary.

Pour the filling into a 9x13-inch baking dish. On a lightly floured surface, place the two piecrusts on top of each other. Roll the dough until it is big enough to cover the dish. Place the piecrust on top. Flute the edges, if desired, and cut slits in the top for steam to escape. Brush the top with beaten egg.

In case of overflow, place the baking dish on a rimmed baking sheet.

Bake until golden brown, about 35 to 45 minutes.

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Per Serving (excluding unknown items): 1849 Calories; 167g Fat (81.0% calories from fat); 21g Protein; 68g Carbohydrate; 6g Dietary Fiber; 662mg Cholesterol; 4517mg Sodium. Exchanges: 3 Grain(Starch); 1 Lean Meat; 2 1/2 Vegetable; 1/2 Non-Fat Milk; 32 1/2 Fat.

## Per Serving Nutritional Analysis

|                                       |            |                            |        |
|---------------------------------------|------------|----------------------------|--------|
| <b>Calories (kcal):</b>               | 1849       | <b>Vitamin B6 (mg):</b>    | .6mg   |
| <b>% Calories from Fat:</b>           | 81.0%      | <b>Vitamin B12 (mcg):</b>  | 1.1mcg |
| <b>% Calories from Carbohydrates:</b> | 14.5%      | <b>Thiamin B1 (mg):</b>    | 2.5mg  |
| <b>% Calories from Protein:</b>       | 4.4%       | <b>Riboflavin B2 (mg):</b> | 1.0mg  |
| <b>Total Fat (g):</b>                 | 167g       | <b>Folacin (mcg):</b>      | 125mcg |
| <b>Saturated Fat (g):</b>             | 89g        | <b>Niacin (mg):</b>        | 5mg    |
| <b>Monounsaturated Fat (g):</b>       | 62g        | <b>Caffeine (mg):</b>      | 0mg    |
| <b>Polyunsaturated Fat (g):</b>       | 8g         | <b>Alcohol (kcal):</b>     | 0      |
| <b>Cholesterol (mg):</b>              | 662mg      | <b>% Refuse:</b>           | 0%     |
| <b>Carbohydrate (g):</b>              | 68g        |                            |        |
| <b>Dietary Fiber (g):</b>             | 6g         |                            |        |
| <b>Protein (g):</b>                   | 21g        |                            |        |
| <b>Sodium (mg):</b>                   | 4517mg     |                            |        |
| <b>Potassium (mg):</b>                | 1455mg     |                            |        |
| <b>Calcium (mg):</b>                  | 268mg      |                            |        |
| <b>Iron (mg):</b>                     | 7mg        |                            |        |
| <b>Zinc (mg):</b>                     | 2mg        |                            |        |
| <b>Vitamin C (mg):</b>                | 36mg       |                            |        |
| <b>Vitamin A (i.u.):</b>              | 25762IU    |                            |        |
| <b>Vitamin A (r.e.):</b>              | 3527 1/2RE |                            |        |

## Food Exchanges

|                             |        |
|-----------------------------|--------|
| <b>Grain (Starch):</b>      | 3      |
| <b>Lean Meat:</b>           | 1      |
| <b>Vegetable:</b>           | 2 1/2  |
| <b>Fruit:</b>               | 0      |
| <b>Non-Fat Milk:</b>        | 1/2    |
| <b>Fat:</b>                 | 32 1/2 |
| <b>Other Carbohydrates:</b> | 0      |

## Nutrition Facts

### Amount Per Serving

**Calories** 1849                      **Calories from Fat:** 1498

### % Daily Values\*

|                                |      |
|--------------------------------|------|
| <b>Total Fat</b> 167g          | 257% |
| Saturated Fat 89g              | 445% |
| <b>Cholesterol</b> 662mg       | 221% |
| <b>Sodium</b> 4517mg           | 188% |
| <b>Total Carbohydrates</b> 68g | 23%  |
| Dietary Fiber 6g               | 24%  |
| <b>Protein</b> 21g             |      |
| <b>Vitamin A</b>               | 515% |
| <b>Vitamin C</b>               | 60%  |
| <b>Calcium</b>                 | 27%  |
| <b>Iron</b>                    | 41%  |

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