

## Appetizers

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# Chicken Pot Pie Party Appetizers

J. M. Hirsch - The Associated Press

Palm Beach Post

**Start to Finish Time: 25 minutes**

*These miniature pot pies can be topped with a layer of puff pastry. To prepare the tops, thaw a sheet of prepared frozen puff pastry according to package directions. Use a 1-inch round cookie cutter to cut circles, then bake them on a baking sheet at 350 degrees for 15 minutes. Set one baked round over each fully baked pot pie just before serving.*

**3 packages (15 cups ea pkg) frozen phyllo cups**

**1 package (8 oz) cream cheese, softened**

**2 egg whites**

**1/2 teaspoon dried thyme**

**1/8 teaspoon paprika**

**1/2 teaspoon salt**

**1/4 teaspoon ground black pepper**

**3/4 cup petite peas**

**1 carrot, finely grated**

**2 cups cooked chicken, finely chopped**

**1/4 cup Parmesan cheese, grated**

Preheat the oven to 350 degrees.

Arrange the phyllo cups over one rimmed baking sheet (or several baking sheets if desiring to bake the cups in batches).

In a medium bowl, whisk together the cream cheese, egg whites, thyme, paprika, salt and pepper.

Add the peas, carrots and chicken, mixing well.

Spoon about one teaspoon of the filling into each cup. Sprinkle with Parmesan.

Bake for 15 minutes.

Serve immediately.

Yield: 45 appetizers

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Per Serving (excluding unknown items): 1454 Calories; 100g Fat (62.3% calories from fat); 120g Protein; 16g Carbohydrate; 3g Dietary Fiber; 508mg Cholesterol; 2475mg Sodium. Exchanges: 0 Grain(Starch); 17 Lean Meat; 1 1/2 Vegetable; 15 1/2 Fat.