

Chicken

Chicken Potpie II

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Servings: 8

Preparation Time: 20 minutes

Bake Time: 45 minutes

This recipe yields two pies. Freeze one, unbaked, if desired.

1 package (14.1 oz) ready-to-roll pie crust
1/3 cup all-purpose flour
1 can (14 1/2 oz) low-sodium chicken broth
1 1/2 cups fat-free milk
1 cup celery, diced
3 cups cooked chicken, cubed
1 package (10 oz) frozen mixed vegetables, thawed
1 tablespoon dried onion flakes
1 tablespoon dried parsley flakes
1 teaspoon poultry seasoning
1 teaspoon garlic salt
1/2 teaspoon black pepper
1 egg, lightly beaten

Preheat oven to 450 degrees.

Coat the bottoms of two 9-inch glass pie plates with nonstick cooking spray.

In a bowl, combine the flour and broth. Place in a large pot. Bring to a boil.

Add the milk and celery. Simmer for 3 minutes.

Stir in the chicken, vegetables, onion flakes, parsley, poultry seasoning, garlic salt and pepper.

Spoon the chicken mixture into the pie plates.

Unroll the pie crusts, placing one on top of each pie plate and crimping the edges.

Before baking, vent and lightly brush with the beaten egg.

Bake at 450 degrees for 15 minutes.

Reduce the heat to 350 degrees.. Bake for an additional 25 to 30 minutes or until the filling is bubbling and the crust is golden.

Allow to cool slightly before serving.

Yield: 2 pies, 4 servings each

Per Serving (excluding unknown items): 144 Calories; 4g Fat (21.8% calories from fat); 20g Protein; 9g Carbohydrate; 2g Dietary Fiber; 71mg Cholesterol; 336mg Sodium. Exchanges: 1/2 Grain(Starch); 2 1/2 Lean Meat; 1/2 Vegetable; 0 Fat; 0 Other Carbohydrates.