

# Chicken Potpie Skillet

Relish Magazine - Heather Donahoe  
www.communitytable.com

## Servings: 4

3 tablespoons olive oil  
1 onion, chopped  
2 cups frozen mixed vegetables  
1/4 teaspoon garlic powder  
1/3 cup flour  
1 cup reduced-sodium chicken broth  
1 cup unsweetened plain almond milk  
2 cups cooked chicken, chopped  
1/4 teaspoon salt  
1/4 teaspoon pepper  
3 tablespoons breadcrumbs

In a large ovenproof, nonstick skillet, heat the olive oil over medium heat. Add the onion. Cook until softened and just beginning to brown, about 3 minutes.

Add the vegetables and garlic powder. Cook until thawed, about 2 minutes. Sprinkle the flour over the onions and vegetables. Toss to coat. Cook another 2 minutes.

Add the chicken broth, almond milk, chicken, salt and pepper. Stir and bring to a boil. Reduce the heat to low. Cook until thickened, stirring occasionally, about 15 minutes.

Remove from the heat. Smooth the top. Sprinkle with the breadcrumbs.

Place under the preheated broiler until the breadcrumbs are browned, about 1 minute.

---

Per Serving (excluding unknown items): 318 Calories; 14g Fat (39.1% calories from fat); 26g Protein; 23g Carbohydrate; 4g Dietary Fiber; 60mg Cholesterol; 231mg Sodium. Exchanges: 1/2 Grain(Starch); 3 Lean Meat; 3 Vegetable; 2 Fat.

Chicken

## Per Serving Nutritional Analysis

Calories (kcal):	318	Vitamin B6 (mg):	.5mg
% Calories from Fat:	39.1%	Vitamin B12 (mcg):	.2mcg
% Calories from Carbohydrates:	28.4%	Thiamin B1 (mg):	.2mg
% Calories from Protein:	32.6%	Riboflavin B2 (mg):	.2mg

**Total Fat (g):** 14g  
**Saturated Fat (g):** 2g  
**Monounsaturated Fat (g):** 9g  
**Polyunsaturated Fat (g):** 2g  
**Cholesterol (mg):** 60mg  
**Carbohydrate (g):** 23g  
**Dietary Fiber (g):** 4g  
**Protein (g):** 26g  
**Sodium (mg):** 231mg  
**Potassium (mg):** 424mg  
**Calcium (mg):** 42mg  
**Iron (mg):** 2mg  
**Zinc (mg):** 1mg  
**Vitamin C (mg):** 5mg  
**Vitamin A (i.u.):** 4642IU  
**Vitamin A (r.e.):** 468 1/2RE

**Folacin (mcg):** 37mcg  
**Niacin (mg):** 10mg  
**Caffeine (mg):** 0mg  
**Alcohol (kcal):** 0  
**% Refuse:** n n%

### Food Exchanges

**Grain (Starch):** 1/2  
**Lean Meat:** 3  
**Vegetable:** 3  
**Fruit:** 0  
**Non-Fat Milk:** 0  
**Fat:** 2  
**Other Carbohydrates:** 0

## Nutrition Facts

Servings per Recipe: 4

### Amount Per Serving

**Calories** 318 **Calories from Fat:** 124

### % Daily Values\*

<b>Total Fat</b>	14g	21%
Saturated Fat	2g	12%
<b>Cholesterol</b>	60mg	20%
<b>Sodium</b>	231mg	10%
<b>Total Carbohydrates</b>	23g	8%
Dietary Fiber	4g	18%
<b>Protein</b>	26g	
<hr/>		
<b>Vitamin A</b>		93%
<b>Vitamin C</b>		8%
<b>Calcium</b>		4%
<b>Iron</b>		12%

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