

Chicken

Chicken and Potato Pot Pie

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Servings: 4

Start to Finish Time: 30 minutes

2 medium russet, white or yellow-flesh potatoes or 3-4 small red potatoes

1 (6 to 8 ounce) chicken breast

1 can (1-3/4 ounce) cream of chicken soup

1 cup frozen vegetable blend

1 package refrigerated pie dough

1 egg, beaten

Cut potatoes in half lengthwise. Slice across into 1/4-inch-thick half moons.

On a separate cutting board, cut the chicken into small, uniform cubes.

In a one-quart microwave-safe dish, combine the soup, vegetables, potatoes, chicken and one soup can of water. Mix well.

Top the mixture with pie dough. Brush the dough with egg.

Microwave on HIGH for 20 minutes or until the potatoes and chicken are done (cooking time may vary depending on your microwave). Let sit for 2 minutes. Use oven mitts or tongs to remove from the microwave.

Per Serving (excluding unknown items): 172 Calories; 10g Fat (52.5% calories from fat); 18g Protein; 2g Carbohydrate; trace Dietary Fiber; 102mg Cholesterol; 310mg Sodium. Exchanges: 0 Grain(Starch); 2 1/2 Lean Meat; 1/2 Fat.