

Chicken

Shepherd's Pie (Chicken)

Family Circle Magazine

Servings: 6

Preparation Time: 30 minutes

Bake Time: 15 minutes

FILLING

2 tablespoons vegetable oil

2 pounds boneless, skinless chicken, cut into bite-size pieces

1 medium onion, chopped

2 ribs celery, diced

1 cup baby carrots, diced

1 cup chicken broth

2 tablespoons all-purpose flour

1/4 teaspoon salt

1/4 teaspoon black pepper

2 tablespoons chopped dill

1 cup frozen peas, thawed

TOPPING

1 pkg (24 oz) prepared mashed potatoes

2/3 cup milk

2 tablespoons unsalted butter

1 tablespoon chopped dill

1/2 teaspoon salt

Preheat oven to 350 degrees.

FILLING: Heat oil in a flame proof casserole over medium-high heat. Add chicken pieces and cook, stirring, for five minutes. Stir in onion, celery and carrots. Cook five minutes.

In a small bowl or measuring cup, whisk broth, flour, salt and pepper. Pour into dish and bring to a simmer. Simmer one to two minutes, until thickened. Stir in dill and peas; cook one more minute.

TOPPING: Meanwhile, microwave potatoes as per package directions. Carefully transfer to a large bowl and add milk, butter, dill and salt. Mix until smooth. Dollop onto filling and gently spread to dish edges.

Transfer to oven and bake for fifteen minutes, or until bubbly. Cool slightly before serving.

Per Serving (excluding unknown items): 147 Calories; 10g Fat (59.2% calories from fat); 4g Protein; 12g Carbohydrate; 2g Dietary Fiber; 14mg Cholesterol; 449mg Sodium. Exchanges: 1/2 Grain(Starch); 0 Lean Meat; 1 Vegetable; 0 Non-Fat Milk; 2 Fat.