

Tomato-Corn Chicken Potpie

Martha Stewart
Palm Beach Post

Servings: 6

FOR THE CRUST

1 1/4 cups all-purpose flour, spooned and leveled

1 teaspoon sugar

1/4 teaspoon fine salt

1/2 cup (one stick) cold unsalted butter, cut into 1/2-inch pieces

3 to 5 tablespoons ice water

FOR THE FILLING

5 tablespoons unsalted butter

1 medium (1-1/2 cups) yellow onion, diced small

1 1/2 cups diced tomatoes (from a 14-ounce can), drained

2 cloves garlic, minced

2 tablespoons chili powder

1/2 cup all-purpose flour, spooned and leveled

4 cups low-sodium chicken broth

2 cups frozen corn kernels
coarse salt

ground pepper

3 cups (15 ounces) shredded cooked chicken

Preparation Time: 45 minutes

TO MAKE THE CRUST: In a food processor, pulse together the flour, sugar and salt. Add the butter and pulse until the mixture resembles coarse meal, with a few pea-size pieces of butter remaining. Sprinkle with three tablespoons of ice water. Pulse until the dough is crumbly but holds together when squeezed (If necessary, add up to two tablespoons of ice water); do not overmix. Form the dough into a disk, wrap tightly in plastic and refrigerate until firm, one hour or overnight (or freeze, up to one month).

Preheat the oven to 375 degrees.

TO MAKE THE FILLING: In a large pot, melt the butter over medium-high heat. Add the onion and tomatoes and cook until softened, about 8 minutes. Add the garlic and chili powder and cook until fragrant, about 30 seconds. Add the flour and stir to coat the vegetables. Slowly add the broth, whisking constantly until the sauce is smooth. Bring to a boil. Reduce the heat and simmer until thickened, about 5 to 7 minutes. Stir in the corn. Season with salt and pepper, then stir in the chicken. Pour the filling into a two-quart baking dish. (To make single-serving size pies, use six ten-ounce dishes.)

On a floured work surface, roll out the dough to a 1/8-inch thickness. Place the dough over the dish and fold the overhang inward while pinching to crimp the edge. Cut vents in the dough. Place the dish on a rimmed baking sheet.

Bake until the crust is golden brown and the filling is bubbling around the edge, about 45 to 50 minutes.

Let cool 15 minutes before serving.

Start to Finish Time: 1 hour 45 minutes

Per Serving (excluding unknown items): 372 Calories; 20g Fat (43.9% calories from fat); 14g Protein; 44g Carbohydrate; 3g Dietary Fiber; 47mg Cholesterol; 61mg Sodium. Exchanges: 2 1/2 Grain(Starch); 1 Lean Meat; 1/2 Vegetable; 3 1/2 Fat; 0 Other Carbohydrates.

Per Serving Nutritional Analysis

Calories (kcal):	372	Vitamin B6 (mg):	.2mg
% Calories from Fat:	43.9%	Vitamin B12 (mcg):	.4mcg
% Calories from Carbohydrates:	43.0%	Thiamin B1 (mg):	.3mg
% Calories from Protein:	13.1%	Riboflavin B2 (mg):	.3mg
Total Fat (g):	20g	Folacin (mcg):	89mcg
Saturated Fat (g):	11g	Niacin (mg):	7mg
Monounsaturated Fat (g):	5g	Caffeine (mg):	0mg
Polyunsaturated Fat (g):	1g	Alcohol (kcal):	0
Cholesterol (mg):	47mg	% Refuse:	n n%
Carbohydrate (g):	44g		
Dietary Fiber (g):	3g		
Protein (g):	14g		
Sodium (mg):	61mg		
Potassium (mg):	339mg		
Calcium (mg):	37mg		
Iron (mg):	3mg		
Zinc (mg):	1mg		
Vitamin C (mg):	7mg		
Vitamin A (i.u.):	1523IU		
Vitamin A (r.e.):	247 1/2RE		

Food Exchanges

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

Nutrition Facts

Servings per Recipe: 6

Amount Per Serving

Calories 372 **Calories from Fat:** 163

% Daily Values*

Total Fat 20g	31%
Saturated Fat 11g	55%
Cholesterol 47mg	16%
Sodium 61mg	3%
Total Carbohydrates 44g	15%
Dietary Fiber 3g	14%
Protein 14g	
Vitamin A	30%
Vitamin C	11%
Calcium	4%
Iron	17%

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