
Chicken Pot Pie Recipe

Diane Bellefleur

Nettles Island Cooking in Paradise - 2014

1 pound cooked chicken breast, cut into cubes
3 tablespoons butter
1 medium onion, chopped
1 cup sliced celery
1/3 cup all-purpose flour
1 1/2 cups reduced fat (2%) milk
1 cup chicken broth
2 cups frozen mixed veggies, thawed
1 tablespoon chopped fresh celery (or 1 teaspoon, dried)
1/2 teaspoon dried thyme leaves
1 (nine-inch) refrigerated pie crust
1 egg, lightly beaten

In a medium saucepan over medium heat, melt butter. Add the onions and celery. Cook and stir for 3 minutes. Stir in the flour until well blended. Gradually stir in the milk and broth. Cook, stirring constantly, until the sauce thickens and boils. Add the chicken, vegetables, parsley and thyme. Pour into a 1-1/2 quart deep casserole.

Preheat the oven to 400 degrees.

On a lightly floured surface, roll out the pie crust one inch larger than the diameter of the casserole. Cut slits in the crust to vent. Place on top of the casserole. Roll the edges and cut away any extra dough. Flute the edges. Brush the pastry with the beaten egg.

Bake for about 30 minutes or until the crust is golden and the filling is bubbly.

Yield: 4 to 6 servings

Chicken

Per Serving (excluding unknown items): 1588 Calories; 98g Fat (55.4% calories from fat); 26g Protein; 151g Carbohydrate; 5g Dietary Fiber; 345mg Cholesterol; 2093mg Sodium. Exchanges: 9 Grain(Starch); 1 1/2 Lean Meat; 2 1/2 Vegetable; 18 1/2 Fat.