Chicken

Chicken Pot Pie

Publix Aprons Simple Meals

Servings: 6

Start to Finish Time: 45 minutes

2 cups frozen diced chicken breast
2 refrigerated piecrusts
1 cup frozen mixed vegetables
1 can (10-3/4 ounce) cream of chicken soup
1/2 cup lowfat milk

Preheat the oven to 450 degrees.

Place the chicken into a large microwave-safe bowl. Heat in the microwave on HIGH for 5 minutes, stirring once, to thaw.

Unroll the crust and place in an eight-inch pie pan (glass recommended). Press the crust firmly against the sides and bottom. Trim the piecrust even with the edge of the pan.

Stir the vegetables, soup and milk into the bowl with the chicken. Spread the mixture evenly over the unbaked piecrust.

Cover the mixture with the second crust. Fold the overhang crust under the bottom crust. Crimp as desired. Cut several slits in the top crust.

Bake for 15 minutes. Cover the crust edge with a strip of foil to avoid excessive browning.

Bake for 20 more minutes.

Per Serving (excluding unknown items): 39 Calories; 1g Fat (30.2% calories from fat); 2g Protein; 6g Carbohydrate; 1g Dietary Fiber; 2mg Cholesterol; 179mg Sodium. Exchanges: 0 Grain(Starch); 1 Vegetable; 0 Fat.