
Puff Pastry Chicken Pot Pie

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Servings: 6

Start to Finish Time: 30 minutes

1 package (10 ounce, 6 count) frozen puff pastry shells

1 package (3 ounce) shallots

6 cloves garlic

6 to 8 spears asparagus

1 tablespoon olive oil

1 1/4 cups frozen peas and carrots (or mixed vegetables)

1 can (10.5 ounce) condensed cream of chicken soup with herbs

1/2 cup whole milk

2 cups cooked chicken, shredded

Bake the puff pastry shells according to package directions. Dice the shallots and the garlic. Chop the asparagus.

Preheat a large saute' pan on medium-high for 2 to 3 minutes. Pour oil in the pan. Stir in the shallots and garlic. Cook and stir for 1 minute. Stir in the asparagus and frozen vegetables. Cook and stir for 2 to 3 minutes until softened.

Whisk in the soup and milk. Stir in the chicken and cover. Reduce the heat to medium-low. Simmer for 5 to 7 minutes, stirring occasionally, until hot.

Remove the "top" of the shells of soft pastry. Fill with the chicken mixture. Serve.

Chicken

Per Serving (excluding unknown items): 166 Calories; 8g Fat (44.4% calories from fat); 16g Protein; 7g Carbohydrate; 1g Dietary Fiber; 42mg Cholesterol; 67mg Sodium. Exchanges: 0 Grain(Starch); 2 Lean Meat; 1/2 Vegetable; 0 Non-Fat Milk; 1 Fat.