RECIPE

Easy Chicken Pot Pie

Leftover chicken and frozen veggies help this chicken pot pie come together quickly.

Makes: 6 Servings
Prep Time: 15 minutes
Cook Time: 30 minutes

Source:
https://www.myplate.gov/recipes/supplemental-nutrition-assistance-program-snap/easy-chicken-pot-pie

Small Changes, BIG Difference!

Ingredients

- 1 2/3 cups frozen mixed vegetables (thawed)
- 1 cup cooked chicken (cut-up)
- 1 can cream of chicken soup, reduced sodium (10 3/4 ounce, condensed)
- 1 cup baking mix, reduced-fat (example: Bisquick)
- 1/2 cup milk (non-fat)
- 1 egg

Directions

1. Wash hands with soap and water.
2. Pre-heat oven to 400 °F.
3. Mix vegetables, chicken, and soup in ungreased, 9-inch pie plate.
4. Stir remaining ingredients in a mixing bowl with fork until blended. Pour over vegetables and chicken in pie plate.
5. Bake 30 minutes or until golden brown.
6. Let cool for 5 minutes and serve.

Nutrition Information

Serving Size: 1/6 of recipe

Nutrients	Amount
Calories:	189
Total Fat:	4 g
Saturated Fat:	1 g
Cholesterol:	55 mg
Sodium:	716 mg
Total Carbohydrates:	26 g
Dietary Fiber:	3 g
Total Sugars:	5 g
Added Sugars:	9 g
Protein	13 g

Utensils Needed

- 9-inch Pie Plate
- Measuring Cups
- Mixing Bowl
- Large Spoon
- Can Opener
- Knife
- Cutting board

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