



Healthy Chicken Pot Pie

Filling

- 1 can reduced sodium, fat free chicken broth
- 12 ounces boneless, skinless chicken breast
- ½ cup chopped onion
- ½ cup chopped leeks or green onion
- 1 cup sliced mushrooms
- 1 cup sliced carrots
- ½ cup evaporated skim milk
- ¼ cup all-purpose flour
- ½ tsp poultry seasoning mix
- ¼ tsp pepper
- 1 cup frozen peas
- 2 Tbsp parsley

Biscuits

- ½ cup whole wheat flour
- ½ cup all purpose flour
- 1 tsp baking powder
- ¼ tsp baking soda
- ¼ tsp salt
- 1 Tbsp parsley
- 1/8 tsp poultry seasoning
- ½ cup low-fat buttermilk
- 2 Tbsp chilled light butter, cut into small pieces

1. Bring broth to boil over medium heat in medium saucepan. Add chicken. Cover and remove from heat. Let stand 20 minutes. Remove chicken from broth and set aside.
2. Add onion, leeks and carrots to broth. Simmer 10 minutes. Add mushrooms. Cook another 5 minutes.
3. Meanwhile, combine dry ingredients in large zip-top bag; add milk. Mix into smooth paste. Stir into vegetable mixture. Stir over medium heat until mixture thickens – 2 to 3 minutes.
4. Using two forks, shred chicken into small pieces. Add to mixture, along with peas and parsley. Set aside.
5. Preheat oven to 350 degrees.
6. Mix dry ingredients together, add parsley and seasoning.
7. Using a pastry blender, two knives or fingertips, work butter into mixture until it resembles coarse crumbs.
8. Add buttermilk; toss gently with fork until flour mixture is just moistened. Do not over mix. Dough will be sticky.
9. Turn out onto floured surface and knead gently to bring mix together. Roll to ½ inch thickness. Using a floured biscuit cutter or water glass, cut out biscuits with a straight motion.
10. Gather scraps, roll out again and cut again for a total of 6 biscuits.
11. Reheat chicken mixture. Transfer to 2-quart casserole. Using spatula, place biscuits on top. Bake 15-20 minutes, or until biscuits have risen and are golden brown.
12. Serves 6.

Nutrition Facts

Serving Size: 1/6 recipe	
Calories	250
Total Fat	4g
Saturated Fat	2g
Cholesterol	40mg
Sodium	550mg
Carbohydrate	31g
Dietary Fiber	4g
Protein	22g

Diabetic Exchanges

Protein	3
Fat	1
Carbohydrates	2

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