

Chicken Pot Pie

I always get excited when I prepare this recipe, because it looks just as perfect as the commercially prepared ones but it tastes so much better! Use leftover chicken.

MAKES 6 SERVINGS

1 cup diced carrot
 1 cup sliced mushrooms
 1/2 cup chopped celery
 1/2 cup frozen peas, thawed
 1/4 cup finely chopped onion
 1/4 cup all-purpose flour
 1 (12-ounce) can evaporated skimmed milk
 2 cups diced cooked skinless, boneless chicken breasts
 1/2 teaspoon pepper, optional
 1/2 teaspoon dried thyme leaves
 1 cup self-rising flour
 1 tablespoon canola oil
 1/2 cup skim milk

Preheat oven to 450 degrees. Coat a large skillet with nonstick cooking spray and place over medium-high heat. Add the carrots, mushrooms, celery, peas, and onion and sauté 5 minutes, or until the vegetables are tender. Stir in the all-purpose flour. Gradually add the evaporated milk, stirring until the mixture thickens. Stir in the chicken, pepper, and thyme. Transfer the mixture into a 9-inch pie plate coated with

nonstick cooking spray. Place the self-rising flour in a small bowl; cut in the oil with a pastry blender or two knives until the mixture is crumbly. Gradually add milk, stirring just until the ingredients are moistened. Drop the dough evenly by spoonfuls onto the chicken mixture. Bake, uncovered, for 15 to 20 minutes, or until the crust is golden.

Nutritional information per serving

Calories 273, Protein (g) 24, Carbohydrate (g) 33, Fat (g) 5, Cal. from Fat (%) 15, Saturated Fat (g) 1, Dietary Fiber (g) 2, Cholesterol (mg) 42, Sodium (mg) 414, Diabetic Exchanges: 2 very lean meat, 1.5 starch, 0.5 skim milk, 1 vegetable

DOC'S NOTES:

This is a complete meal. Carrots provide beta carotene and fiber while the mushrooms are filled with B vitamins, copper, and other minerals. Celery is rich in Vitamin C and folacin.