Chicken Pot Pie

in a new light

Makes: 12 servings
Prep Time: 30 minutes
Cook Time: 1 hour 20 minutes
Difficulty: Moderately easy

Ingredients:

Filling:
• 3 medium carrots, sliced (about 2 cups)
• 1 medium onion, chopped
• 2 celery stalks, chopped (about 1 cup)
• 1 medium red potato, quartered and thinly sliced
• 1/2 small cauliflower, cut into bite-size florets (about 2 cups)
• 2 garlic cloves, peeled
• 4 teaspoons extra-virgin olive oil
• 3 cups low-sodium chicken broth
• 2/3 cup reduced-fat (2%) evaporated milk
• 1/3 cup cornstarch
• 1 1/2 cup nonfat plain Greek yogurt
• 5 cups cooked chicken (skin and bone discarded), chopped

Directions:

For the filling:

Spray a 13 x 9-inch baking dish or 2-quart casserole dish with nonstick spray.

Preheat oven to 350°F.

Place sliced carrots, onion, celery, and potato on 1 rimmed baking sheet; place cauliflower and garlic cloves on another baking sheet. Drizzle each with 2 teaspoons olive oil and toss to coat; place in the hot oven and roast, stirring occasionally, until vegetables are browned and almost caramelized, 30–40 minutes.

Place roasted cauliflower and garlic in a food processor or blender with 1/2 cup of the broth and pulse until very smooth, stopping to scrape down the sides as needed, about 1 minute.

Whisk evaporated milk and cornstarch in a small bowl until smooth. Pour the remaining broth into a medium saucepan and bring to a boil. Whisk in the milk-cornstarch mixture and cook, whisking constantly, until thickened, about 1 minute. Remove from the heat and gently whisk in the yogurt.

In a large bowl, combine chopped chicken, the cauliflower puree, the roasted carrot-celery-potato mixture, peas, corn, and pepper. Gently stir in the broth mixture and thyme (filling will be thick). Spread the filling in the prepared baking dish.

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Chicken Pot Pie
in a new light (cont’d)

For the crust/pie assembly:

Whisk together flour, baking powder, sugar, and baking soda in a medium bowl.

In another bowl, whisk together buttermilk and melted butter. Pour into the dry ingredients and mix with a fork just until blended.

Drop the dough in teaspoon-size bits all over the filling. Bake until filling is bubbly and topping is lightly browned, about 40 minutes.

Nutritional Information: Per serving (about 1 cup): 300 calories, 9 g fat (3.5 g saturated, 0 g trans), 230 mg sodium, 60 mg cholesterol, 28 g carbohydrate, 3 g fiber, 25 g protein.

Healthy Cooking Tip
To keep sodium levels down, use home-cooked chicken rather than a rotisserie-style cooked chicken from the supermarket. Next time you roast a chicken, why not put an extra one in the oven and save the meat for this recipe?

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Ingredients (cont’d)

- 1/2 cup peas
- 1/2 cup corn
- 1 teaspoon dried thyme
- 1/4 teaspoon freshly ground black pepper

Crust:
- 1 1/2 cups all-purpose flour
- 1 1/2 teaspoons baking powder
- 1 teaspoon sugar
- 1/4 teaspoon baking soda
- 3/4 cup low-fat buttermilk
- 3 tablespoons unsalted butter, melted

Material reviewed by Diabetes Care and Education, a dietetic practice group of the Academy of Nutrition and Dietetics.

A good balance of the right foods, along with regular exercise and your prescribed medications, can help you feel better and stay healthier. As with any meal, remember to pay attention to portion size and enjoy every dish as part of your overall meal plan. Work with your health care team to determine a meal plan that works for you.