



# Healthy Chicken Pot Pie

Shine 365  
Marshfield Clinic

**PREP TIME:** 60 minutes • **SERVINGS:** 4 (1 serving = 1 cup)

## INGREDIENTS

- 1 tablespoon extra-virgin olive oil
- 10 ounces cremini (baby bella) mushrooms
- 1 cup diced carrots (about 3 medium)
- 1/2 cup diced celery (about 1 large stalk)
- 1 1/2 teaspoons garlic powder
- 1/2 teaspoon kosher salt
- 1/4 teaspoon black pepper
- 1/4 cup all-purpose flour
- 2 cups unsweetened almond milk
- 2 cups cooked and shredded boneless, skinless chicken breasts (about 8 ounces or 2 small breasts)
- 1/2 cup frozen peas
- 1/2 cup frozen pearl onions
- 1 tablespoon chopped fresh thyme
- 1 prepared pie crust
- 1 egg, lightly beaten with 1 tablespoon water to create an egg wash

## NUTRITION INFORMATION

Each serving contains about 335 calories; 18g fat; 6g saturated fat; 12mg cholesterol; 593 mg sodium; 41g carbohydrates; 4g fiber; 5g sugar; and 8g protein.

## INSTRUCTIONS

Preheat the oven to 425 degrees F.

Heat a large Dutch oven or similar deep, heavy-bottomed pan over medium-high heat. Add the oil to the pan. Once hot, add the mushrooms and cook for 8 minutes, until mushrooms are beginning to brown, stirring occasionally. Add the carrots, celery, garlic powder, salt and pepper. Cook until the mushrooms have browned more deeply and the carrots begin to soften, about 3 additional minutes.

Sprinkle the flour over the top of the vegetables and cook 2 minutes. Slowly pour in the almond milk, adding a few splashes at a time, stirring constantly. Bring to a low boil, scraping any brown bits from the bottom of the pan. Continue to let bubble until thickened, about 3 to 5 minutes. Stir in the chicken, peas, onions and thyme. Spoon the chicken mixture into ramekins.

Roll the pie dough into a circle large enough to cover the ramekins. Brush the edges of the ramekins with the egg wash, then lay the dough over the top so that it overhangs the sides. Trim the overhang to a 1/2 inch larger than edge of the dish. Gently press the dough onto the sides of the dish so that it sticks, then brush all over with the remaining egg wash. With a sharp knife, cut 3 slits in the top.

Bake until hot and bubbly on the inside and the crust is deeply golden, about 25 minutes. Let rest a few minutes. Serve hot.

Note: The filling can be prepared ahead of time and stored in the refrigerator for 3 days or frozen for up to 3 months (let thaw overnight in the refrigerator). Add the crust just before baking.

This recipe tastes best the day it is made because the crust is the most crisp, but you can store leftovers in the refrigerator for up to 4 days. Reheat gently in the microwave or oven.

To make the recipe vegetarian, substitute an additional 2 cups of chopped vegetables for the chicken.

Source: [www.wellplated.com](http://www.wellplated.com)

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