



Chicken Pot Pies

Ingredients

1 refrigerated pie crust, at room temperature
10 oz Sanderson Farms Boneless, Skinless
Chicken Breast Fillet, diced into ½" pieces

½ teaspoon	salt
1/8 teaspoon	ground black pepper
2 tablespoons	all-purpose flour
1 2/3 cups	chicken broth
1 ½ teaspoons	corn starch
1 ½ tablespoons	unsalted butter
1 ½ cups	frozen mixed vegetables

Directions

Preheat oven to 425°. Unroll pie crust and cut out two pastry rounds to fit top of two 2-cup baking dishes. Place crusts on baking sheet. Pierce with fork. Bake until golden, about 9 minutes. Season chicken with salt and black pepper and coat with flour. Mix a small amount of chicken broth with corn starch in a small bowl. Melt butter in a 12" skillet over medium high heat. Add chicken and any remaining flour. Brown 5 minutes. Stir in chicken broth, broth and corn starch mixture and vegetables. Bring to a boil; then, lower heat to a simmer and continue to cook, covered, 8 minutes. Spoon filling into two 2-cup baking dishes. Top with pie crusts. Serve.

Recipe Nutrition per serving:

314 calories; 26 gm protein; 26 gm carbohydrate; 1 gm total fat; 3 gm saturated fat; 77 mg cholesterol; 3 gm fiber; 476 mg sodium

Yield: 2 servings.

