

Chicken Pot Pie

Entree, Makes 8 Servings

Ingredients:

4 cups water
1 large yellow onion, cut in quarters
½ teaspoon bay leaves, crumpled
¼ teaspoon ground pepper
½ teaspoon dried thyme
1 ½ pounds boneless, skinless, chicken thighs
3 tablespoons transfat-free margarine
(such as Smart Balance® Light Buttery Spread)
½ cup onions, diced
½ cup carrots, sliced
½ cup frozen peas
1 tablespoon Dijon mustard
3 tablespoons all-purpose flour
1 teaspoon thyme
½ teaspoon freshly-ground black pepper
1 store-bought pie crust



Preheat oven to 375°F. In a stockpot, combine water, quartered onion, bay leaves, peppercorns and thyme. Bring to a boil, reduce heat and simmer for 30 minutes. Add chicken thighs and return to a boil, then reduce heat and simmer for about 10 minutes. Remove chicken from broth. Allow to cool. Cut chicken into bite-size chunks and set aside. Strain the broth; set aside 3 cups. Reserve the remaining stock for another use.

Melt margarine in a large sauté pan over medium heat. Add diced onions. Cook, stirring occasionally, for about 5 minutes. Add carrots and peas; cook another 5 minutes. Stir in mustard, then stir in flour and cook another minute. Add 3 cups stock, stirring constantly. Cook until mixture begins to thicken, about 3 minutes. Remove from heat and add chicken, 1 teaspoon thyme and ground pepper. Transfer mixture into a prepared 9-inch x 13-inch baking pan. Remove pie crust from refrigerator and roll out until slightly larger than pan. Place on top of the chicken mixture in the pan, crimping edges to seal. Gently cut 3, 2-inch slits in the top to vent. Place the pot pie on a large baking sheet and bake on the middle oven rack for 35 to 40 minutes until the top is golden brown. Let cool before serving.

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Nutrition Facts:

Per Serving (1/8 of dish)

Calories:	283 kcals
Protein	19 g
Carbohydrates:	21 g
Sugars:	3 g
Fiber:	1 g
Total Fat:	13 g
Saturated Fat:	4 g
Cholesterol:	101 mg
Phosphorus:	176 mg
Sodium:	289 mg
Calcium:	26 mg
Potassium:	290 mg/7.4 mEq
	<i>(mEq = milliequivalent)</i>



Renal and Renal Diabetic Exchanges:

- 2 Meat
- 1 Starch
- 1 Medium potassium vegetable
- 1 Salt choice