

Chicken Pot Pie

Compliments of Chef Richard's Kitchen

4 Servings

1 pkg refrigerated pie crust
1 12 oz pkg frozen peas and
carrots
1 C chopped celery
2 chicken breast halves,
boneless and skinless
6 Tbsp unsalted butter
8 Tbsp all-purpose flour
3 C low-sodium chicken broth
 $\frac{2}{3}$ C milk
1 tsp salt
pepper to taste
 $\frac{1}{4}$ tsp nutmeg
 $\frac{1}{8}$ tsp cayenne pepper
1 egg, beaten (for wash)

Place pie crust, one at a time on floured surface. Set crock lightly on dough and with a sharp knife, cut around rim, leaving about $\frac{3}{8}$ " extra on all sides. Place rounds between plastic and refrigerate.

Cut up chicken into about $\frac{3}{4}$ " chunks. Place them in a medium saucepan over medium heat. Gently sauté lightly until cooked about half way. You don't want them browned. Remove from saucepan and aside.

Place butter in saucepan and melt over medium heat. Add flour and whisk until smooth and flour has lost its flour taste. Add chicken stock and bring to boil, whisking until smooth. Add milk and whisk again. Reduce heat to medium. Add celery and onions to mix. Stir well. Add frozen peas and carrots. Reduce to simmer and cover. Simmer until vegetables are tender. Add spices and chicken and stir again. Allow to simmer another 10 – 15 minutes. Season to taste.

Preheat oven to 400° F.

Spray inside of crocks with vegetable spray. Ladle chicken mixture evenly into all 4 crocks. Place pie crust rounds on top of each and press the dough against the sides. Cut slits in the top with sharp knife to allow steam to escape. Brush tops with egg wash. Bake 35 – 45 minutes.



Remove from oven and allow to cool slightly, as the insides will be very hot. Serve hot.

Nutrition Facts	
Portion Size	524 g
Amount Per Portion	
Calories	621
% Daily Value *	
Total Fat 31g	40 %
Saturated Fat 13g **	65 %
Cholesterol 173mg **	58 %
Sodium 853mg	37 %
Total Carbohydrate 49g	18 %
Dietary Fiber 3.9g **	14 %
Sugar 4.4g **	
Protein 39g	78 %
Vitamin D 0.3mcg **	2 %
Calcium 120mg	9 %
Iron 4.1mg	23 %
Potassium 909mg	19 %
* The % Daily Value (DV) tells you how much a nutrient in a serving of food contribute to a daily diet. 2000 calories a day is used for general nutrition advice.	
** Amount is based on ingredients that specify value for this nutrient and 0 for those that don't.	

Source:
<https://www.nutritionvalue.org>