

# EASY CHICKEN POT PIE

Makes 6 servings

Prep Time: 15 minutes

Cook Time: 30 minutes






## Ingredients

- 1 2/3 cups frozen mixed vegetables, thawed (peas only, if preferred)
- 1 cup canned chicken
- 1 can (10 3/4 ounces) condensed reduced-fat cream of chicken soup
- 1 cup Reduced Fat Bisquick
- 1/2 cup skim (fat-free) milk
- 1 egg

## Directions

1. Heat oven to 400° F.
2. Mix vegetables, chicken, and soup and place in ungreased 9" pie plate.
3. Stir, in a medium bowl, remaining ingredients until blended to make batter.
4. Pour batter on top of chicken mixture.
5. Bake 30 minutes or until golden brown.

## Nutrition information Per Serving

230 calories		 Excellent Source of Vitamin A
Total Fat	6 g	
Saturated Fat	2 g	 Good Source of Iron
Protein	15 g	
Total Carbohydrate	30 g	
Dietary Fiber	3 g	 Good Source of Vitamin C
Sodium	740 mg	

Recipe analyzed using:

- 98% fat free cream of chicken soup
- Large egg



## Eat Smart

