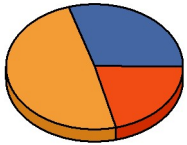




Chicken Pot Pie w/Phyllo Crust
 Modified from Cooking Light by DrJez LLC
 Recipe grams: 2815.79g/99.3oz
 Serves 6 469.30g/16.6oz per serving



Protein: 30%
 Carbohydrates: 49%
 Fat: 21%

INGREDIENTS

- 12 oz CHICKEN BREAST, BONELESS, ROASTED, MEAT ONLY
- 1 cup CARROT, RAW
- 1 cup CELERY, RAW
- 1 cup SNAP BEAN, RAW (GREEN BEAN)
- 4 potatos POTATO, RED, FLESH & SKIN, RAW
- 1 tbsp OLIVE OIL, EXTRA VIRGIN
- 1 large ONION, RAW
- 1/4 cup PARSLEY, RAW
- 1 tbsp THYME, DRIED, LEAVES
- 1 tbsp ALL PURPOSE FLOUR, UNBLEACHED
- 1 tbsp CORNSTARCH
- 2 cups CREAM, HALF & HALF, NONFAT
- 1 1/2 cup CHICKEN BROTH
- 1 tbsp SALT, TABLE
- 1 tsp BLACK PEPPER, GROUND
- 1 tsp PEPPER, WHITE, GROUND
- 6 sheets PHYLLO DOUGH
- 1/2 cup CHEDDAR CHEESE, SHARP, FINELY SHREDDED, REDUCED FAT
- 1 cup BROCCOLI FLOWER CLUSTERS, RAW

DIRECTIONS

Preheat oven to 375 F

Dice carrots, celery, potatoes, beans, onions and broccoli into pieces of approximately the same size, about 1/4 inch dice. Repeat w/ chicken breast.

In a large pot, add olive oil over medium-high heat. Add chicken and saute until lightl browned. Remove and set aside.

Add onion and saute until slightly softened. Add remaining vegetables and saute, stirring constantly until bright.

Add flour and toss with vegetables until incorporated and slightly browned. Remove from heat. Add broth, half and half and cornstarch and combine. Return pot to heat and bring to a brief boil, stirring constantly until thickened. Add salt and pepper and adjust to taste. Add chicken dice, cheddar and parsley.

Pour into individual serving dishes or a large 9 x 14 pan.

Roll out phyllo dough and isolate 6 sheets. Roll up remaining and save for another use. Keep 6 sheets from drying by keeping under a moist towel.

One at a time, lightly spray each sheet with Olive Oil cooking spray and lay over pan. Repeat with remaining sheets. Create a texture by adjusting sheets to an interesting and appealing design.

Bake for 20-25 minutes for large pan or about 15 for individual pans, until lightly browned and bubbly.

Nutrition Facts		
6 servings per container		
Serving size		1 serving (469g)
Amount per serving		
Calories		380
% Daily Value*		
Total Fat	9g	11%
Saturated Fat 3g		14%
Trans Fat 0g		
Cholesterol	55mg	19%
Sodium	1640mg	71%
Total Carbohydrate	50g	18%
Dietary Fiber 5g		18%
Total Sugars 9g		
Protein	27g	
Vit. D 0.06mcg 0% • Calcium 259mg 20% Iron 4mg 20% • Potas. 1220mg 25%		