

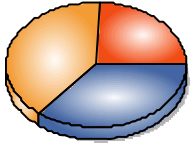


Chicken Pot Pie w/Phyllo Crust

By: Modified from Cooking Light by DrJez LLC

Recipe grams: 2815.79g/99.3oz

Serves 6 469.30g/16.6oz per serving



Protein: 28%
Carbohydrates: 52%
Fat: 20%

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

Add flour and toss with vegetables until incorporated and slightly browned. Add broth, Half and half and cornstarch and bring to a brief boil, stirring constantly until thickened. Add salt and peppers and adjust to taste. Add chicken dice and cheddar.

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

Serving Size: 1 serving (469.3g)
Servings: 1

Amount Per Serving

Calories 390 Calories from Fat 80

% Daily Value*

Total Fat 9g **15%**

Saturated Fat 3g **15%**

Trans Fat 0g

Cholesterol 55mg **20%**

Sodium 1660mg **70%**

Total Carbohydrate 50g **15%**

Dietary Fiber 5g **20%**

Sugars 8g

Protein 27g

Vitamin A 90%

• Vitamin C 80%

Calcium 25%

• Iron 20%

*Percent Daily Values are based on a 2,000 calorie diet.