

## Chicken Pot Pie

Serves 8



**Diabetic     Heart Healthy**

Chicken pot pie is a great comfort food that will get the family home for Sunday dinner. A light and crispy phyllo crust keeps this healthy recipe for chicken pot pie recipe low fat and delicious.

### Ingredients

- 3/4 cup all-purpose flour
- 1 1/2 lbs boneless skinless chicken breast, fat trimmed and cut into bite-size pieces
- 3 cups reduced-sodium chicken broth
- 2 tsp olive oil
- 2 leeks, white, light-green parts only, halved lengthwise and thinly sliced
- 2 medium carrots, peeled and cut into 1/4-inch thick coins
- 1/3 cup white wine or chicken broth

- 1 cup skim milk
- 6 oz asparagus, cut into 1-inch pieces (about 10 spears)
- 1 cup frozen peas, thawed
- 2 Tbsp chopped fresh parsley
- 1 tsp lemon zest
- 1/2 tsp dried sage
- Black pepper to taste
- 1/2 tsp dried thyme
- 6 sheets phyllo dough
- 3 Tbsp unsalted butter
- 3 fresh thyme sprigs, for garnish

### Preparation

- Preheat oven to 400°. Line a rimmed baking sheet with foil; set aside. In a bowl, whisk 1/2 cup flour and broth; set aside. Lightly coat a large saucepan with nonstick cooking spray and heat over medium-high heat. Add the chicken and cook until it is lightly browned, about 3 minutes. Transfer chicken to a 13 x 9-inch baking dish and set aside.
- Return the saucepan to medium heat and add oil. Add the leeks and carrots and sauté for 4 minutes, or until leeks are tender. Add the wine and simmer until it has evaporated, about 1 minute. Add the flour-broth mixture, milk, and remaining 1/4 cup flour, and simmer until thick and bubbly, about 2 minutes. Add the chicken, asparagus, peas, parsley and lemon zest, and return to a simmer. Cook, stirring frequently, until the chicken is just cooked through, about 4 minutes. Season with sage, thyme and black pepper and transfer to the baking dish.
- Lay 1 sheet of phyllo dough on a clean work surface; cover the remaining phyllo sheets with a towel. Brush the phyllo sheet lightly with butter. Lay the phyllo on top of the filling. Repeat with remaining phyllo sheets and butter, loosely stacking the phyllo over the chicken filling. Transfer the pie to the prepared baking sheet and bake until the phyllo is deep golden brown and crispy, and the filling is bubbly, about 30 minutes. Garnish with fresh thyme sprigs, if desired.

## Nutrition Facts

### Serving size:

- 1/2 cup

### Per Serving:

Calories: 290

Fat: 7g

Saturated Fat: 1g

Cholesterol: 60mg

Sodium: 231mg

Carbohydrates: 28g

Fiber: 3g

Protein: 26g