



Chicken and Biscuit Pot Pie

SERVING SIZE: 1/6 of pie
SERVINGS: 6
PREPARATION TIME: 5 minutes
COOKING TIME: 35 minutes

INGREDIENTS:

- 1 10 ounce can of chicken, drained or cup of leftover chicken or turkey, shredded
- 1 egg
- 3/4 cup low fat or skim milk
- 1 10.75 oz. can reduced-sodium cream of chicken soup
- 3/4 cup Bisquick or other baking mix
- 1 1/2 cup frozen mixed vegetables, thawed

DIRECTIONS:

1. Preheat oven to 400 degrees F
2. Lightly grease the casserole dish with oil
3. Add cream of chicken soup and 1/4 cup of milk to saucepan and bring to a boil
4. Add thawed vegetables and chicken or turkey to saucepan and stir
5. Pour mixture into casserole dish and smooth the top
6. In a medium bowl, mix together baking mix, egg, and 1/2 cup of milk until smooth
7. Pour this batter over vegetable mixture already in casserole dish
8. Place in oven and bake for 20-30 minutes or until crust is golden brown



NUTRITION FACTS:

Amount Per Serving	
Calories	224
Total fat	7g
Saturated fat	2g
Cholesterol	61mg
Sodium	541mg
Total Carbohydrate	22g
Fiber	3g
Total Sugar	3g
Includes 1g of Added Sugars	
Protein	18g
Phosphorus	242mg
Potassium	386mg

EQUIPMENT NEEDED:

- Oven
- Stove
- Medium mixing bowl
- Medium casserole dish
- Medium pot

Recipe submitted by Mount Mary University Dietetics Department

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