

CHICKEN POT PIE



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Ingredients

Yield: 8-10

- 1 pound of boneless, skinless chicken tenderloins or breasts
- 1 can fat free, low sodium chicken broth
- 2 tsp of butter buds flavoring
- Pinch of celery salt
- Pinch of onion powder
- Salt and pepper to taste
- 1 c sweet peas (can use with pearl onions if desired)
- 1 c cooked tender carrots (try the steam bag option)
- 1 can reduced fat cream of chicken
- 1 can reduced fat cream of mushroom
- 1 can low fat biscuits

Directions

1. Boil chicken in broth. Add butter buds flavoring and the rest of the seasonings listed above.
2. When chicken is fully cooked, take it out of broth and dice or shred into small pieces.
3. In large baking dish, combine about 1 cup of chicken broth, diced chicken, peas, carrots, cream of chicken and mushroom soups.
4. Mix all ingredients thoroughly and then top evenly with raw biscuits. Bake at 375 degrees for 20-30 minutes or until biscuits are fully cooked.

Nutritional Information

Serving:	Calories	Fat	Protein	Carbohydrates	Sodium
½ cup	218	4.8 g	12.1 g	22.4 g	500 mg

Carbohydrate Exchanges: 1 1/2