

Heart-Healthy Chicken Pot Pie

Makes 6 servings

2 cups cut-up cooked chicken (from Rotisserie chicken or about 2 cooked chicken breasts)
1 bag (12 to 16 oz) frozen mixed vegetables, thawed
1 can (10 ¾ oz) condensed 98% fat-free cream of chicken soup
1 tsp dried thyme
½ cup skim milk
1 cup Bisquick Heart Smart® mix
½ cup skim milk
1 egg



Heat oven to 400°. In a large microwave-safe bowl, mix chicken, vegetables, soup, thyme, and ½ cup milk. Microwave on high for 4 minutes. Stir, and pour into greased 2-quart casserole or 11x7 baking dish.

In a small bowl, stir together Bisquick® mix, ½ cup milk and egg with fork until blended. Pour over vegetable and chicken mixture.

Bake uncovered about 30 minutes, or until golden brown.

Nutrition information per serving: 220 calories, 5g fat (1.5g saturated fat), 2g dietary fiber, 21g protein, 540mg sodium, 80mg cholesterol. Daily Values: Vitamin A 35%, Calcium 15%, Vitamin C 20%, Iron 8%.

Recipe adapted from www.bettycrocker.com.

www.uhs.uga.edu/nutrition

