



PREPARATION: **15** MINUTES

COOKING: **30** MINUTES

6 SERVINGS

CHICKEN POT PIE

INGREDIENTS

Nutrient Analysis

PER SERVING:

1/6 of recipe

RENAL EXCHANGE:

3 Protein + 2 Starch + 1 Vegetable

Calories **370Kcal**

Protein **26g**

Carbohydrates **29g**

Fibre **3g**

Total Fat **16g**

Saturated Fat **5g**

Cholesterol **95mg**

Sodium **261mg**

Potassium **388mg**

Phosphorus **289mg**

3 tablespoons butter

**1/2 cup yellow onion,
diced**

2 cloves garlic, minced

1 cup frozen peas

1 cup frozen corn niblets

1/3 cup all purpose flour

**3 cups no salt added
chicken broth**

1/4 cup milk

3 cups cooked chicken

1/4 teaspoon ground black pepper

1 teaspoon garlic powder

1 teaspoon poultry seasoning

**2 tablespoons fresh tarragon,
chopped**

**2 tablespoons fresh parsley,
chopped**

**1 store-bought 9-inch pie shell,
frozen**

1 egg, whisked

PREPARATION

- 1 Preheat conventional oven to 425°F.
- 2 In a large saucepan, heat the butter over medium heat. Add the onion and garlic and sauté until the onions begin to soften. Add peas and corn and continue to sauté.
- 3 Add the flour to the vegetables and stir to coat.
- 4 Add the chicken broth and milk to the floured vegetables. Stir to dissolve all the flour particles.
- 5 Add the cooked chicken and dry spices and simmer until the sauce thickens.
- 6 Turn off the heat and stir in the fresh tarragon and parsley.
- 7 Pour the chicken mixture into a 9-inch casserole dish and place the pie shell on top. Brush with whisked egg to obtain a golden crust.
- 8 Bake at 425°F for approximately 30 minutes.

Tips

You can also make this recipe in individual ramekins.
The cooking time will be the same.

You can prepare the pot pie and freeze it for future use.

To cook from frozen, preheat the oven to 400°F. Cover the pot pie with aluminum foil and bake for 40 minutes. After 40 minutes, remove the foil and continue to bake for another 35 minutes.