

Recipe: Chicken Pot Pies

Prep/Cook time: 45 minutes

Serves: 12

Calories per serving: 386

Ingredients

4 sheets frozen phyllo dough (14x9 inch rectangles), thawed

2 cups cubed cooked chicken breast (about 10 oz)

2 cups sliced fresh button mushrooms

2 medium carrots, cut into 1/2-inch thick slices

1 medium parsnip, cut into 1/2-inch slices

1/2 cup reduced-sodium chicken broth

1 head garlic

1/2 diced onion (1 medium)

1 Tbsp olive oil

1 tsp dried thyme

1/2 tsp salt

1/4 tsp black pepper

3 Tbsp all-purpose flour

2 cups fat-free milk

Nonstick cooking spray

Directions

Preheat oven to 425 degrees.

Peel off outer dry layers from garlic head, leaving skins and cloves intact. Cut off the pointed top portion (about 1/4 inch), leaving bulb intact but exposing the individual cloves. Place garlic, cut side up, in a custard cup. Drizzle with 1/2 tsp olive oil. Cover with foil. Bake 25 to 35 minutes or until the cloves feel soft when pressed. Set garlic paste from individual cloves.

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Heat remaining olive oil in a large skillet. Add mushrooms, carrots, parsnip, and onion. Cook 10 minutes, stirring occasionally. Add broth, thyme, salt, and pepper. Bring to boiling; reduce heat. Simmer, covered, 5 to 10 minutes or just until vegetables are tender. Stir in garlic paste.

In a medium bowl whisk together milk and flour until smooth; add to mushroom mixture. Cook and stir over medium heat until thickened and bubbly. Stir in chicken. Divide mixture evenly among four 12-oz individual casseroles. Set aside.

Unfold phyllo dough; remove one sheet of the phyllo dough and place on a flat surface. (As you work, cover the remaining phyllo dough with plastic wrap to prevent it from drying out.) Lightly coat the phyllo sheet with cooking spray. Lay another sheet of phyllo dough on top of the first sheet and lightly coat with cooking spray. Repeat with the remaining 2 phyllo sheets. Cut phyllo stack in half crosswise. Place one stack on top of the other to make a 9x7-inch stack of 8 sheets.

Using a pizza cutter, cut phyllo stack into 4 equal rectangles. Place a rectangle on top of the chicken mixture in each casserole.

Bake 15 to 20 minutes or until the filling is bubbly and phyllo is golden brown. Let sit 10 minutes before serving.