

Blue is Better Recipe (Serves 6)

Chicken Pot Pie

Ingredients

Filling

- 3 teaspoons canola oil, divided
- 1 cup frozen pearl onions, thawed
- 1 cup peeled baby carrots
- 10 ounces cremini mushrooms, halved
- 2 1/2 cups reduced-sodium chicken broth, divided
- 1/4 cup cornstarch
- 2 1/2 cups diced cooked chicken, or turkey
- 1 cup frozen peas, thawed
- 1/4 cup reduced fat sour cream
- 1/4 teaspoon salt
- Freshly ground pepper, to taste

Biscuit Topping

- 3/4 cup whole wheat pastry flour
- 3/4 cup all purpose flour
- 2 teaspoons sugar
- 1 1/4 teaspoons baking powder
- 1/2 teaspoon baking soda
- 1/2 teaspoon salt
- 1 teaspoon dried thyme
- 1 1/2 tablespoons cold butter, cut into small pieces
- 1 cup nonfat buttermilk
- 1 tablespoon canola oil

Preparation Instructions

1. To prepare filling: Heat 1 teaspoon oil in a large skillet or Dutch oven over medium-high heat. Add onions and carrots; cook stirring until golden brown and tender, about 7 minutes. Transfer to a bowl. Heat the remaining 2 teaspoons oil in the pan over medium-high heat. Add mushrooms and cook, stirring often, until browned and their liquid has evaporated, 5 to 7 minutes. Return the onions and carrots to the pan. Add 2 cups broth and bring to a boil; reduce heat to a simmer. Mix cornstarch with the remaining 1/2 cup broth; add to the pan and cook stirring until the sauce thickens. Stir in chicken or turkey, peas, sour cream, salt and pepper. Transfer the filling to a 2 quart baking dish.
2. Preheat oven to 400 degrees F. To prepare biscuit topping: Whisk whole wheat flour, all purpose flour, sugar, baking powder, baking soda, salt and thyme in a large bowl. Using your fingertips or 2 knives, cut butter into the dry ingredients until crumbly. Add buttermilk and oil; stir until just combined. Drop the dough onto the filling in 6 even portions. Set the baking dish on a baking sheet.
3. Bake the potpie until the topping is golden and the filling is bubbling, 30 to 35 minutes. Let cool for 10 minutes before serving.



NUTRITION FACTS

Serving Size

Serves 6

Amount Per Serving:

Calories	403
Calories from Fat	108
Total Fat	12 g
Saturated Fat	4 g
Cholesterol	64 mg
Sodium	667 mg
Carbohydrate	46 g
Dietary Fiber	4 g
Protein	29 g