

Chicken Pot Pie with a Mixed Greens Salad

Recipe by Sandi Richard from *Eating Forward*



Instructions:

...the night before...

1. Take out 1 sheet of frozen puff pastry and place in **refrigerator** to defrost overnight.

...when you get home...

2. Preheat **oven** to 400° F.
3. Heat oil in a large **stove-top** pot at medium. Finely chop onion, adding to pot as you cut. Stir occasionally until soft and caramelized. Rinse and slice celery into small pieces, adding to pot as you cut. Rinse and slice mushrooms, adding to pot as you cut. Cut chicken into bite size pieces, adding to pot as you cut. Stir until meat is no longer pink.

Add spice, soup and water. Stir to combine.

Cut broccoli into bite size pieces, adding to pot as you cut. Add frozen veggies and stir. Pour into a 10 cup casserole dish. *Ooor for a fancier look, pour into oven-safe onion soup bowls as shown!*

4. Unroll and stretch pastry sheet to drape dish, leaving a couple vents on the side. *Remember, if it's not perfect it looks even better, so don't obsess!* Place on middle rack in **oven**. Set timer for 20 minutes or until pastry is golden brown.

...meanwhile...

5. Rinse greens in basket of salad spinner and spin dry, place in bowl. Slice pepper into strips and sliver onion. Layer salad with toppings and drizzle with dressing.

Ingredients:

1 sheet frozen puff pastry (8 oz or 225 g)
You can also use a block of pastry.

1 tsp canola or olive oil, extra-virgin
1 onion

2 celery ribs
10 mushrooms

3 chicken breasts, boneless, skinless
(1 lb or 450 g)

1 tsp lemon pepper, salt-free
1 tsp Italian seasoning
1/4 tsp fresh ground pepper
1/4 tsp garlic and herb seasoning, salt-free
1 can cream of celery soup
(or use cream of chicken) **(10 fl oz or 284 mL)**

1 soup can filled with water
2 cups broccoli florets (1/2 lb or 225 g)
1 cup frozen mixed veggies

1 sheet thawed puff pastry
(8 oz or 225 g)
If using a block instead of a sheet, you will need to dust the counter with flour and roll it out with a rolling pin or wine bottle to the size of the pan you are using.

6 oz or 170 g mixed salad greens, prewashed
1/2 red bell pepper
1/8 red onion
1/4 cup vinaigrette dressing, fat-free

Serves 4-6

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Equipment List:

Large stove-top pot
10 cup casserole dish
2 cutting boards
Colander
Salad spinner
Salad bowl
Salad tongs
Sharp veggie knife
Sharp meat knife
Stirring spoon
Can opener
Rolling pin
(if using block pastry)
Measuring cups and spoons

Per serving:

Calories 376
Fat 14.8 g
Protein 26.2 g
Carbohydrate 35.8 g
Fiber 6.1 g
Sodium 767 mg

U.S. Food

Exchanges:

1 1/2 Starch
3 1/2 Meat
1 Fat
2 Vegetable

Cdn. Food

Choices:

2 Carb
4 Meat/Alt
1/2 Fat

