

# Easy Chicken Pot Pie

**Cook time:** 45 minutes

**Makes:** 6 servings

Leftover chicken and frozen veggies help this chicken pot pie come together quickly.

## Ingredients

**1 2/3 cups** frozen mixed vegetables (thawed)

**1 cup** cooked chicken (cut-up)

**1 can** cream of chicken soup, low-fat (10-3/4 ounce, condensed)

**1 cup** baking mix, reduced-fat (example: Bisquick)

**1/2 cup** milk (non-fat)

**1** egg

## Directions

1. Wash hands and any cooking surfaces.
2. Pre-heat oven to 400°F.
3. Mix vegetables, chicken and soup in ungreased, 9-inch pie plate
4. Stir remaining ingredients in a mixing bowl with fork until blended. Pour over vegetables and chicken in pie plate.
5. Bake 30 minutes or until golden brown.
6. Let cool for 5 minutes and serve.

**Source:** Texas Cooperative Extension, The Texas A&M University System, Expanded Nutrition Program

### Nutrition Information

Nutrients	Amount
<b>Calories</b>	<b>180</b>
Total Fat	3 g
Saturated Fat	1 g
Cholesterol	55
Sodium	420 mg
Total Carbohydrate	25 g
Dietary Fiber	2 g
Total Sugars	4 g
Added Sugars included	N/A
<b>Protein</b>	<b>13 g</b>
Vitamin D	N/A
Calcium	N/A
Iron	N/A
Potassium	N/A
N/A - data is not available	