Cooking Healthy, Eating Well

Chicken Pot Pie

Prep Time: 5 min.  Cook Time: 25 min.  Yield: 3 - 4 pies

Ingredients:
- 2 Tbsp. Cooking oil
- ½ whole yellow onion, diced
- 3 cloves of garlic, minced
- salt and black pepper
- ½ cup of frozen peas
- ½ cup of frozen carrots
- (1) small can of condensed Cream of Chicken Soup
- 1 cup water
- (1) 5oz. can of Chicken, drained
- 1 tsp. italian seasoning
- (1) prepared puff pastry sheet cut into 4 squares
- 1 egg, beaten

1. Preheat the oven to 375°F. Pull out a sheet of puff pastry from the freezer, to defrost. Do not unfold yet.
2. Add the oil to a pan on medium heat, and sweat the onion and garlic. Add a pinch of salt and black pepper.
3. Add the peas and carrots; stir until the frost is gone.
4. Add the can of cream of chicken soup, 1 cup of water, chicken, and Italian seasoning
5. Taste for seasoning and adjust.
6. Scoop into 3 large ramekins. Fill to almost full -- leave a little space at the top.
7. Unfold the puff pastry, and cut it into quarters.
8. Place one piece over each ramekin and gently press down the sides.
9. Cut a few steam vents on the top, and brush a thin layer of the beaten egg over the top.
10. Bake on a sheet until brown and crispy -- about 20 minutes.
11. Let cool slightly before serving.

Peas are a very good source of protein, Vitamin K, fiber, and some B-vitamins.
- Vitamin K is important for blood clotting, and to prevent excessive bleeding.
- Fiber is good for optimal gastrointestinal health.
- B-Vitamins are essential to keep our bodies energized by playing a key role in converting food to fuel.

Total Cost of this meal:
- $2.26
- or $2.32/pie