



Phyllo Chicken Pot Pie

390 Calories

Ingredient List

- 14 oz chicken breast from a rotisserie chicken, skin removed
- 3 phyllo dough sheets, cut in half
- 2 cups chicken bone broth
- 1 cup fat-free milk
- 4 tbsp cornstarch
- 1 cup carrots, chopped
- 1 cup celery, chopped
- 1 cup onion, chopped
- 1/2 cup sweet peas
- 2 tsp garlic powder
- 1 tsp dried thyme

- 1/2 tsp pepper
- 1 tsp chicken bouillon powder or 1 cube
- Salt to taste
- 2 tbsp butter, divided in half
- Cooking spray

Cooking Instructions

1. Start by preheating the oven 375°F.
2. Preheat a large pan to medium-high heat and add 1 tbsp of the butter to melt it. Once melted, add the carrots, onions, and celery to cook for 5 minutes.
3. Mix the cornstarch with the milk in a mug or bowl until dissolved. Add both the bone broth and cornstarch mixture to the pan and stir.
4. Season the filling with the chicken bouillon, thyme, pepper, and garlic powder then give it another stir. Continue to cook for 3-5 minutes or until the filling thickens.
5. Taste for salt and add if needed. Toss in the chopped rotisserie chicken and sweet peas into the filling and stir well.
6. Add the filling to a baking dish that can hold 6-8 cups worth of food.
7. Cut the phyllo sheets in half and spray each side lightly with cooking spray. Stacking each finished one on top of each other.
8. Grab all of the coated phyllo sheet halves and place over top of the baking dish. Fold any overhanging phyllo dough slightly towards the middle of the baking dish and press down towards the corners.
9. Melt the remaining 1 tbsp of butter in the microwave and lightly coat the top of the dough with the butter.
10. Make 4 slits in the middle of the pie with a knife and add to the oven to bake for approximately 30 minutes or until golden brown. Slice into 4 slices and enjoy!

