

Easy Pot Pie

3 cups vegetables (use leftover carrots, green beans, corn, etc.)

2 cups shredded cooked turkey

1 can cream of chicken soup

½ cup water or milk

1 cup all-purpose baking mix

½ cup low-fat milk

1 egg

Cut vegetables into bite size pieces. Mix vegetables with turkey, soup, and ½ cup water or milk. Pour into a 9x9 baking dish that has been sprayed with nonstick cooking spray.

In a separate bowl, mix together baking mix, low-fat milk, and egg. Pour over filling.

Bake at 400 degrees for 30-40 minutes, until crust is cooked and brown. Yield: 6 servings

Nutrition information per serving: 240 calories, 8g fat, 14g protein, 29g carbohydrates, 3g fiber, 860mg sodium. Excellent source of vitamin A, Good source of iron and vitamin C.