

Easy Chicken Pot Pie

Ingredients:

1 and 2/3 cups mixed vegetables (if frozen, thaw; if canned, drain)
1 cup canned chicken
1 (10.75 oz) can reduced-fat cream of chicken soup
1 cup reduced-fat baking mix
1/2 cup skim milk
1 egg

Directions:

Preheat the oven to 400°F. Mix vegetables, chicken, and soup together and place in an ungreased 9 inch pie plate. In a medium bowl, stir baking mix, skim milk, and egg together until blended to make batter. Pour batter on top of chicken mixture. Bake for 30 minutes or until golden brown.

Nutrition:

Serving Size: 1/2 cup

240 Calories, 7 gram of Total Fat, 2 grams of Saturated Fat, 14 grams of Protein,
23 grams of Total Carbohydrate, 2 grams of Dietary Fiber, 510 milligrams of
Sodium

