## 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



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





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