



## Low-Cal Chicken Pot Pie

Recipe By SWEET MEMORIES

SERVES: 2

### INGREDIENTS:

- 4 oz. cooked chicken, *diced*
- ½ onion, *chopped*
- 1 tbsp. olive oil
- ⅔ cup frozen mixed vegetables, *defrosted*
- 1 frozen puff pastry sheet, *thawed*
- ½-1 cup chicken broth
- 1 tbsp. corn starch
- ¼ tsp. salt
- ¼ tsp. pepper
- 2 tbsp. hot sauce (*optional*)

### DIRECTIONS:

- 1. Preheat oven to 400°F.
- 2. In a large oven-safe skillet, sauté onions in olive oil until tender. Add chicken; season with salt and pepper. Add frozen vegetables and sprinkle with corn starch, stirring until everything is coated. Add in chicken broth and hot sauce and simmer for 5 minutes, stirring frequently. Remove from heat.
- 3. Cover the mixture with the thawed pastry sheet. Place skillet in the oven for 20 minutes. Let cool for 5 minutes and serve.

*Only 380 calories per serving.*

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