

## Chicken & Biscuit Pot Pie

4 servings

Estimated cost per serving: \$1.45

- 3 cooked skinless boneless chicken breasts, diced\*  
or 1 (10 oz) can chicken breast in water
- 2 cups frozen mixed vegetables, thawed & drained\*\*
- $\frac{1}{2}$  of a medium onion, chopped finely
- 1 (10  $\frac{3}{4}$  oz) can cream of chicken soup
- $\frac{1}{3}$  cup skim or 1% milk
- $\frac{1}{2}$  tsp garlic powder
- $\frac{1}{4}$  tsp black pepper
- 4 refrigerator biscuits (like Pillsbury Hungry Jack)



1. Preheat oven to 350° F.
2. Coat an 8" x 8" baking dish with cooking spray (like PAM).
3. Add chicken, mixed vegetables and onion to baking dish; stir to mix.
4. In a medium bowl, mix together soup, milk, garlic powder and pepper.
5. Pour the soup mixture evenly over the chicken and vegetables, and then place the biscuits on top.
6. Bake uncovered for 25 - 30 minutes or until the biscuits are browned and the mixture is heated through.

Complete your meal with canned "whole berry" cranberry sauce and a glass of milk.

### **Nutrition Information per serving:**

300 calories, 7g fat, 2g saturated fat, 50mg cholesterol, 450mg sodium, 36g carbohydrate, 5g dietary fiber, 24g protein.

**Good source** of Vitamin A and Iron.

Pyramid servings: 2 grains, 1 vegetable, 1 meat.

**\* Time-saving cooking tip:** Cook 4 or 5 frozen chicken breasts at one time and store them in the refrigerator for up to 4 days. For a quick meal, add cooked chicken to a salad, make a pasta or rice dish, or roll in a tortilla for a tasty wrap!

**\*\*** Thaw frozen vegetables by heating in the microwave for 5 minutes or running them under cold water for several minutes.

Questions or comments??? Contact MSU nutritionist, Rebecca Gruenes, MS, RD, at (507)389-5689 or at [rebecca.gruenes@mnsu.edu](mailto:rebecca.gruenes@mnsu.edu)