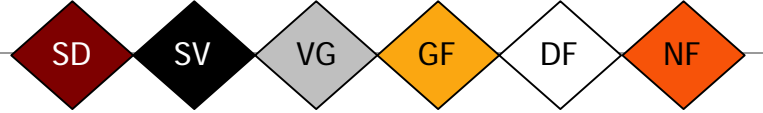


# Chicken and Biscuit Pot Pie

(\*see dietary notes)



Recipe by: Chef Kim McKee

## Ingredients:

### Filling:

3/4 tsp	Low fat cooking spray	1 cup	Low sodium chicken broth
1/2 tsp	Salt	1 cup	Peas, thawed if frozen
1/2 tsp	Freshly ground black pepper	1 – 1/2 Tbsp	Fresh thyme leaves
1 – 1/2 lb.	Boneless, skinless chicken breasts, cut into bite sized pieces		
4 tsp	Extra virgin olive oil		
1	Yellow onion, medium, chopped		
2	Carrots, medium, peeled and chopped		
2	Celery stalks, chopped		
1/2 lb.	Green beans, trimmed and chopped (can also use asparagus)		
2 cloves	Garlic, minced		
1 – 1/2 cup	Low fat milk		
1/4 cup	Flour		

### Biscuit Crust:

1/2 cup	Whole wheat flour
1/4 cup	Flour
3/4 tsp	Baking powder
1/4 tsp	Baking soda
3 Tbsp	Cold unsalted butter, cut into small pieces
2 Tbsp	Canola oil
1/2 cup	Low fat buttermilk

## Directions:

1. Preheat the oven to 375° F. Spray a large shallow casserole dish, or 6 individual casserole dishes with cooking spray.
2. To make the filling: Season the chicken with 1/4 teaspoon each of salt and pepper.
3. In a large nonstick skillet, heat 2 teaspoons of the oil over a medium-high heat. Add the chicken to the pan and cook for 5 minutes. Remove the chicken with its juices to a bowl.
4. Add 2 more teaspoons of oil to the same pan and heat it over a medium-high heat. Add the onions, carrots and celery and cook until the vegetables begin to soften, about 5 minutes.
5. Add the green beans, garlic and remaining salt and pepper and cook for 2 minute more.
6. Place the milk and flour into a jar fitted with a tight lid and shake hard until the flour is dissolved. Stir the milk/flour mixture into the broth and whisk until incorporated.
7. Cook, stirring, until the mixture comes to a boil. Reduce the heat to medium-low and cook for 2 minutes more.
8. Return the chicken with its juices back to the pan. Add the peas and thyme and stir to combine.
9. Season with salt and pepper, to taste.
10. Spoon the mixture into the baking dish or individual dishes.
11. To make the crust: Add the whole-wheat flour, all-purpose flour, baking powder, baking soda and salt to a food processor and pulse a few times to combine.
12. Add the butter and pulse about 10 times, or until pebble sized pieces are formed.
13. Add the buttermilk and oil to the food processor and pulse until just moistened. Do not over mix.
14. Drop the batter in 6 mounds on top of the chicken mixture (or 1 mound on each individual dish, if using) spreading the batter out slightly.
15. Bake until filling is bubbling and the biscuit topping is golden brown, about 20 minutes.

YIELD: 6 Servings

## \*Dietary Notes:

- To make Vegan (SV), Vegetarian (VG) and Dairy-free (DF) replace chicken with Seitan; replace low fat milk with soy milk, rice milk, or almond milk; replace chicken stock with vegetable stock; replace butter with vegan butter substitute like Earth Balance or Soy Garden; replace buttermilk by adding 1/2 Tbsp white vinegar to 1/2 cup soy milk (or rice milk) and let sit for 5 minutes.
- To make Gluten Free (GF), replace all purpose flour with gluten free flour (Tom Sawyer's Gluten Free Flour or Bob's Red Mill Gluten Free Flour); replace wheat flour with oat flour, millet flour, Amaranth flour, or brown rice flour.

Per Serving: 400 Calories, 31g Carbohydrates, 17g Fat, 31g Protein, 5g Dietary Fiber, 82mg Cholesterol, 600mg Sodium