

# Recipe



Prep Time:	15 minutes
Cook Time:	35 minutes
Serving Size:	2 cups - 4

**Nutrients Per Serving:** Calories 470,  
Protein 36 g, Carbohydrate 48 g,  
Dietary Fiber 1 g, Total Fat 16 g,  
Saturated Fat g, Sodium 880 mg

County information

Ohio State Extension- Wyandot County  
SNAP-Ed program assistant Tami Baumberger  
109 S. Sandusky Ave. Room 16  
Upper Sandusky, Ohio 43351

This recipe provided by the Ohio SNAP-Ed Nutrition Education Program

## Quick and Easy Chicken Pot Pie

### INGREDIENTS

2 tablespoons oil  
1 cup onion, chopped  
1 teaspoon oregano, optional  
1 teaspoon garlic powder,  
optional  
1/2 teaspoon salt  
1/2 teaspoon pepper

1/4 cup flour  
2 cups fat-free milk  
16 ounces frozen mixed  
vegetables, thawed  
1 cup cooked chicken, chopped

1 cup baking mix  
1/2 cup fat-free milk  
1 egg

### DIRECTIONS

1. Preheat oven to 375 degrees.
2. Heat oil in skillet over medium heat. Saute onion for 5 minutes.
3. Add salt and pepper. Add oregano and garlic powder, if using.
4. Sprinkle flour over the cooked onion.
5. Slowly stir in the milk to make a sauce.
6. Allow the sauce to thicken slightly.
7. Add the vegetables to heat.
8. Add the cooked, chopped chicken.
9. Topping: Stir together the baking mix, milk and egg. Pour over top of the chicken vegetable mixture in the skillet.
10. Bake for 25 - 30 minutes until lightly browned.
11. Allow to sit for 5 minutes before serving.

Source:

CelebrateYourPlate.org

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[www.whatscooking.fns.usda.gov](http://www.whatscooking.fns.usda.gov)



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