



Skillet Chicken Potpie

Ingredients

- 1½ cups low-sodium chicken broth, divided
- 2 tablespoons all-purpose flour
- 1 tablespoon olive oil
- 1 (8 ounce) package sliced cremini mushrooms
- 1 cup chopped onion
- 6 cloves garlic, minced
- 1½ cups frozen carrots and peas (7 oz.)
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- 1 tablespoon chopped fresh sage
- 1 tablespoon fresh thyme leaves, plus sprigs for garnish
- ½ teaspoon salt
- ½ teaspoon ground pepper
- 1 pound shredded cooked chicken (about 3 cups; see Tip)
- 1 (7 to 8 ounce) prepared pie crust, thawed if frozen
- 1 egg white, lightly beaten

Directions

- 1 Preheat oven to 425°F.
 - 2 Whisk 1¼ cups broth and flour in a medium bowl; set aside.
 - 3 Heat oil in a 10-inch cast-iron or oven-safe nonstick skillet over medium-high heat. Add mushrooms; cook until browned, 6 to 8 minutes. Reduce heat to medium. Add onion and garlic; cook until tender, 4 to 6 minutes.
 - 4 Stir in the remaining ¼ cup broth, scraping up any browned bits. Stir in the reserved broth-flour mixture, peas and carrots, sage, thyme, salt, and pepper. Bring to a boil, stirring constantly. Reduce heat and cook, stirring occasionally, until the vegetables are tender, about 10 minutes. Remove from heat; stir in chicken.
 - 5 Lay pie crust over the chicken mixture, folding the edges over as needed. Cut four 4-inch slits in the crust to allow steam to escape. Brush with egg white.
 - 6 Bake until the crust is golden and the filling is bubbly, 20 to 25 minutes. Let cool for 10 minutes before serving. Garnish with thyme sprigs, if desired.
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- Tip: To poach chicken: Place 4 small boneless, skinless chicken thighs or 2 small boneless, skinless chicken breasts (12 oz. total) in a medium saucepan; cover with cold water. Bring to a boil over medium-high heat. Reduce heat to low, partially cover, and cook until an instant-read thermometer inserted in the thickest part registers 165°F, 12 to 15 minutes. Transfer to a plate and shred into small pieces. Reserve broth for use in another recipe—it will keep in the fridge for up to 4 days or in the freezer for up to 3 months.
 - Equipment: 10-inch nonstick oven-safe skillet

Fruit Kabobs

Per Serving

Fruit Kabobs

Makes: 4 servings

Serving Size: 3/4 cup

Calories	60
Fat	0 g
Saturated Fat	0.1 g
Trans Fat	0 g
Carbohydrate	15 g
Fiber	2 g
Sugars	13 g
Cholesterol	0 mg
Sodium	5 mg
Potassium	230 mg
Protein	1 g
Phosphorus	20 mg

Choices: Fruit 1

- Makes: 4 servings
- Serving Size: 3/4 cup

Ingredients

6-8 cups

seasonal mixed fruit such as strawberries, blueberries, bananas, mango, grapes, and/or melon

15-20

colorful toothpicks or wooden skewers

1 cup

nonfat vanilla yogurt (optional)

Directions

1. Thread the fruit onto toothpicks or small skewers (kids can have fun doing this, however children under age 3 should not eat with toothpicks or skewers of any size). Serve with small bowls of yogurt for dipping (optional).