

BRC Healthy Meal of the Week

Chicken Pot Pie with Cornbread Crust—The Healthy Way!

Ingredients (Serves)

3 cups low sodium chicken broth
1 pound boneless, skinless chicken breasts
1/8 pound mushrooms, quartered
1 small carrot, peeled and diced
1/2 cup turnips, peeled and diced
1 medium russet potato, peeled and cubed
1/2 cup frozen peas
1 1/2 tablespoons olive oil
1 small onion, peeled and diced
1 1/2 tablespoons chopped fresh thyme
1/2 cup cornmeal
1 1/4 cups wheat flour
1/2 teaspoon salt
1 tablespoon sugar
1 teaspoon baking soda
4 tablespoons very cold, unsalted [butter](#), cut into small cubes
1/3 cup nonfat buttermilk 1 cup milk

Cooking Instructions

1. In a large saucepan, bring the broth to a boil, reduce to a simmer and add the chicken. Cook for 15 minutes, remove the saucepan from the heat and let the chicken cool in the liquid for 10 minutes.
2. Remove the chicken from the broth with tongs and set aside. When the chicken is cool enough to handle, cut it into small pieces and place it in a large casserole [baking dish](#).
3. Meanwhile, add the mushrooms, carrots, turnips and potatoes to the broth and simmer until they are just tender, about 10 minutes. Transfer them to the baking dish with a slotted spoon.
4. Strain the broth and reserve it in a bowl. Heat the olive oil in the now empty saucepan over medium heat. Add the onions and thyme and cook until the onions soften, about 5 minutes.
5. Whisk in 1/4 cup of the flour and stir for 3 or 4 minutes. Whisk in the reserved broth, slowly at first and then more quickly. Bring the sauce mixture to a boil and cook until the mixture thickens enough to coat a spoon. Pour the sauce into the baking dish and season well with [salt and pepper](#).
6. Preheat the oven to 400°F.
7. To make the crust, mix the cornmeal, remaining cup of flour, sugar, baking soda and salt together in a food processor. Add the butter and process until the butter is the size of small peas. With the food processor running, slowly add the buttermilk until the mixture forms a dough. Remove the dough from processor, form it into a ball and roll it out on a floured surface until the dough is 1/4-inch thick.
8. Place the dough on top of the baking dish and trim it so that it fits inside the dish. Cut a few slits in the dough to allow the steam to escape. Place the pie in the oven and bake until the crust is golden brown and the sauce is bubbling, about 30 minutes. Let the pot pie stand for 10 minutes before serving.

Nutrition Facts

Serving Size is about a 4"x4" piece of pot pie

- Calories 427
- Protein 28 g
- Total Carbohydrate 46 g
- Dietary Fiber 3 g
- Soluble Fiber 1 g
- Sugar 9 g
- Total Fat 14 g
- Saturated Fat 7 g
- Monounsaturated Fat 4 g
- Polyunsaturated Fat 1 g
- Trans Fatty Acid (tfa) 0 g
- Omega-3 Fatty Acid 0 g
- Omega-6 Fatty Acid 1 g
- Cholesterol 79 mg

