

HEALTHY CHICKEN POT PIE

Preparation: **10** mins. | Cooking: **45** mins. | Servings: **4**

INGREDIENTS

10 ounces cremini baby bella mushrooms (about 3 medium carrots)
1 prepared whole wheat pie crust (dairy-free if needed) ½ cup diced celery (about 1 large stalk)
1 egg lightly beaten with 1 tablespoon water to create an egg wash ½ cup frozen peas
2 cups cooked and shredded boneless, skinless chicken breast ½ cup frozen pearl onions
1 ½ teaspoon garlic powder ¼ cup all-purpose flour
2 cups unsweetened almond milk 1 tablespoon chopped fresh thyme
1 cup diced carrots ½ teaspoon kosher salt
¼ teaspoon black pepper



INSTRUCTIONS

Preheat the oven to 425 degrees Fahrenheit. Lightly coat a 9-inch pie dish with baking spray. Set aside. Heat a large Dutch oven or a similar deep, heavy-bottomed pan over medium-high heat. Add the oil to the pan. Once hot, add the mushrooms and cook for 8 minutes or until mushrooms begin to brown, stirring occasionally. Add the carrots, celery, garlic powder, salt and pepper. Cook until the mushrooms have browned more deeply and the carrots begin to soften, about 3 additional minutes. Sprinkle the flour over the top of the vegetables and cook for 2 minutes. Slowly pour in the almond milk, adding a few splashes at a time, stirring constantly. Bring to a low boil, scraping any brown bits from the bottom of the pan. Continue to let bubble until thickened, about 3 to 5 minutes. Stir in the chicken, peas, onions and thyme. Spoon the chicken mixture into the prepared pie dish. Roll the pie dough into a circle large enough to cover your dish. Brush the edges of the pie dish with the egg wash, then lay the dough over the top so that it hangs over the sides. Trim the overhang to a 1/2 inch larger than edge of the dish. Gently press the dough onto the sides of the dish so that it sticks, then brush all over with the remaining egg wash. With a sharp knife, cut 3 slits in the top. Bake until the inside is hot and bubbly and the crust is deeply golden, about 25 minutes. Let it rest a few minutes. Serve hot.