RECIPE

Chicken Pot Pie

A top-crust chicken pot pie with a thyme gravy thickened with skim milk and olive oil, made in one pot, for a cold-weather dinner. About 3.6 g saturated fat and 395 mg sodium a serving.

MAKES

8 servings US Metric

TOTAL

1 h 30 min

Ingredients

- [ ] 1 refrigerated pie crust sheet (half a 14.1 oz box, about 200 g), rolled to an 11-inch round and trimmed to fit the top, 170 g kept
- [ ] 1 ½ lb boneless, skinless chicken breast
- [ ] 3 cups low-sodium chicken broth
- [ ] 3 tbsp olive oil
- [ ] 2 medium onions, diced (about 2 cups, 320 g)
- [ ] 4 celery ribs, sliced (about 2 cups, 200 g)
- [ ] 4 carrots, sliced thin (about 2 cups, 260 g)
- [ ] ⅓ cup all-purpose flour
- [ ] 1 cup skim milk
- [ ] 1 tsp dried thyme
- [ ] ½ tsp salt

Method

1. Set a rack in the lower third of the oven and heat it to 400 °F. Take the crust out of the fridge 15 minutes before you roll it.
2. Put the chicken and the broth in a Dutch oven or wide pot. Bring it to a simmer, cover, and cook on low 15 to 18 minutes, until the thickest piece reads 165 °F. Lift the chicken to a board, keep the broth, and shred the chicken when it is cool enough to touch.
3. Wipe the pot, then warm the olive oil in it over medium heat. Cook the onion, celery and carrots with the thyme, salt and pepper for 8 minutes, until soft.
4. Stir in the flour and cook 2 minutes. Pour in the saved broth and the milk a little at a time, stirring. Simmer 3 to 4 minutes, until it coats a spoon. Stir in the chicken, the peas and the beans. Let it cool 10 minutes so it does not melt the crust.

- [ ] ¼ tsp black pepper
- [ ] 2 cups frozen peas
- [ ] 1 can (15 oz) no-salt-added white beans, drained and rinsed
- [ ] 1 egg, beaten, for the top

5. Pour the filling into a 3-quart baking dish about 10 inches across. Roll the crust into an 11-inch round, just wide enough to lay over the top, and trim off the extra. Tuck the edge inside the rim and crimp. Cut 5 small vents.

6. Brush the top with the egg. Set the pie on a sheet pan and bake on the lower rack for 40 to 45 minutes, until the crust is deep golden and the filling bubbles at the vents. Cover the rim with foil if it browns first.

7. Rest 15 minutes so the filling sets. Cut 8 slices. Cool leftovers within 2 hours, keep covered in the fridge up to 3 days, and reheat slices to 165 °F inside.