



Southwestern Chicken Potpie

READY IN



45 min.

SERVINGS



6

CALORIES



373 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.1 teaspoon pepper black
- ☐ 4.5 ounce chiles green rinsed drained chopped canned
- ☐ 0.5 teaspoon chili powder
- ☐ 1 teaspoon cider vinegar
- ☐ 2 cups whole-kernel corn frozen thawed
- ☐ 2.3 cups less-sodium chicken broth fat-free divided
- ☐ 0.3 cup flour all-purpose
- ☐ 1 cup flour all-purpose divided
- ☐ 2 tablespoons cilantro leaves fresh minced

- ☐ 1 large garlic clove minced
- ☐ 0.3 teaspoon ground cumin
- ☐ 0.5 teaspoon ground cumin
- ☐ 3 tablespoons ice water
- ☐ 2 tablespoons juice of lime
- ☐ 0.3 cup yogurt plain low-fat
- ☐ 1 teaspoon olive oil divided
- ☐ 0.3 teaspoon salt
- ☐ 0.8 teaspoon salt
- ☐ 1.5 pounds skinned cut into bite-size pieces
- ☐ 0.3 cup vegetable shortening
- ☐ 2 cups zucchini halved lengthwise thinly sliced

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ knife
- ☐ whisk
- ☐ wire rack
- ☐ plastic wrap
- ☐ baking pan
- ☐ ziploc bags
- ☐ measuring cup

Directions

- ☐ To prepare chicken, combine first 5 ingredients in a large zip-top plastic bag; add chicken to bag. Seal and marinate in refrigerator at least 4 hours or overnight.

- ☐ To prepare crust, lightly spoon 1 cup flour into a dry measuring cup; level with a knife.
- ☐ Combine 1/4 cup flour, water, and vinegar in a small bowl; stir with a whisk to create a slurry. Set aside.
- ☐ Combine 3/4 cup flour, 1/2 teaspoon chili powder, 1/2 teaspoon cumin, and 1/4 teaspoon salt in a large bowl; cut in shortening with a pastry or 2 knives until mixture resembles coarse meal.
- ☐ Add slurry to flour mixture; toss with a fork until moist. Press mixture gently into a 6 x 4-inch rectangle on heavy-duty plastic wrap; cover with additional plastic wrap.
- ☐ Roll dough, still covered, into a 12 x 7-inch rectangle; freeze 10 minutes.
- ☐ Preheat oven to 40
- ☐ Remove chicken from bag; discard marinade.
- ☐ Heat 1/2 teaspoon oil in a large nonstick skillet over medium-high heat.
- ☐ Add chicken to pan; cook 5 minutes or until browned.
- ☐ Remove chicken from pan; place in a large bowl.
- ☐ Add corn to pan; saut 6 minutes or until browned.
- ☐ Add 1/4 cup broth, scraping pan to loosen browned bits.
- ☐ Add the corn mixture to the chicken.
- ☐ Add 1/2 teaspoon oil to pan.
- ☐ Add zucchini; cook 6 minutes or until brown.
- ☐ Add zucchini and green chiles to corn mixture; toss well.
- ☐ Lightly spoon 1/3 cup flour into a dry measuring cup; level with a knife.
- ☐ Combine flour and 1/2 cup broth in a small bowl; stir with a whisk.
- ☐ Place flour mixture in a saucepan; gradually add 1 1/2 cups broth, 3/4 teaspoon salt, 1/2 teaspoon chili powder, 1/4 teaspoon cumin, and black pepper. Bring to a boil over medium heat; cook 5 minutes or until thick, stirring constantly.
- ☐ Pour over chicken mixture; toss to coat. Spoon mixture into an 11 x 7-inch baking dish coated with cooking spray.
- ☐ Remove 1 sheet of plastic wrap from dough; let stand 1 minute or until pliable. Fit dough over chicken mixture.
- ☐ Remove top sheet of plastic wrap, pressing dough to edge of dish.

- ☐
- Cut 5 slits in crust to allow steam to escape.
- ☐
- Bake at 400 for 35 minutes or until crust is golden brown and bubbly around the edges.
- ☐
- Let stand on a wire rack 10 minutes.

Nutrition Facts



Properties

Glycemic Index:51.5, Glycemic Load:15.53, Inflammation Score:-6, Nutrition Score:20.504782438278%

Flavonoids

Eriodictyol: 0.11mg, Eriodictyol: 0.11mg, Eriodictyol: 0.11mg, Eriodictyol: 0.11mg Hesperetin: 0.45mg, Hesperetin: 0.45mg, Hesperetin: 0.45mg, Hesperetin: 0.45mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.38mg, Quercetin: 0.38mg, Quercetin: 0.38mg, Quercetin: 0.38mg

Nutrients (% of daily need)

Calories: 373.45kcal (18.67%), Fat: 13.66g (21.02%), Saturated Fat: 3.2g (20%), Carbohydrates: 32.94g (10.98%), Net Carbohydrates: 30.19g (10.98%), Sugar: 4.49g (4.99%), Cholesterol: 73.19mg (24.4%), Sodium: 1078.95mg (46.91%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 29.97g (59.94%), Vitamin B3: 14.86mg (74.32%), Selenium: 48.52µg (69.31%), Vitamin B6: 1mg (50.23%), Phosphorus: 338.8mg (33.88%), Folate: 99.65µg (24.91%), Vitamin B1: 0.35mg (23.21%), Vitamin B2: 0.39mg (22.84%), Vitamin C: 18.7mg (22.67%), Vitamin B5: 2.27mg (22.66%), Potassium: 720.3mg (20.58%), Manganese: 0.38mg (19.05%), Iron: 2.65mg (14.71%), Magnesium: 55.5mg (13.87%), Fiber: 2.75g (10.99%), Zinc: 1.32mg (8.79%), Vitamin B12: 0.45µg (7.57%), Vitamin K: 7.76µg (7.39%), Vitamin E: 1.04mg (6.94%), Copper: 0.14mg (6.86%), Calcium: 53.2mg (5.32%), Vitamin A: 237.64IU (4.75%)