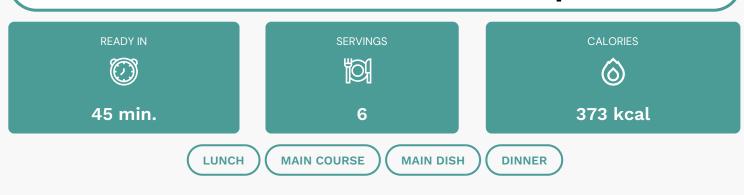


Southwestern Chicken Potpie



Ingredients

O.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
O.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
Eq	Juipment
브	bowl
Ц	frying pan
Ц	sauce pan
Ш	oven
	knife
	whisk
	wire rack
	plastic wrap
	baking pan
	ziploc bags
	measuring cup
Di	rections
	To prepare chicken, combine first 5 ingredients in a large zip-top plastic bag; add chicken to
	bag. Seal and marinate in refregerator 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 11/2 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.

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
Nutrition Facts

Properties

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

Flavonoids

Eriodictyol: O.11mg, Eriodictyol: O.11mg, Eriodictyol: O.11mg, Eriodictyol: O.11mg Hesperetin: O.45mg, Hesperetin: O.45mg, Hesperetin: O.45mg, Naringenin: O.02mg, Naringenin: O.02mg, Naringenin: O.02mg, Naringenin: O.01mg, Myricetin: O.01mg,

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: Og (100%), Alcohol %: O% (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: 237.64lU (4.75%)