



## You and Me Chicken Pot Pies

 Very Healthy

READY IN



85 min.

SERVINGS



4

CALORIES



532 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 4 servings pepper black freshly ground
- 2 celery stalks chopped
- 0.3 cup flour all-purpose
- 2 tablespoons parsley leaves fresh chopped
- 1 tablespoon thyme leaves fresh
- 2 cloves garlic minced
- 0.5 pound green beans trimmed chopped
- 2 leeks washed chopped well

- 1.5 cups milk low-fat
- 2 cups chicken broth low-sodium
- 2 tablespoons olive oil divided
- 2 tablespoons parmesan grated
- 1 cup peas frozen
- 3 sheets phyllo dough frozen thawed
- 2 medium potatoes cut into 1/2-inch pieces
- 1 teaspoon salt
- 1.3 pounds chicken breasts boneless skinless cut into 1/2-inch chunks

## Equipment

- bowl
- frying pan
- baking sheet
- oven
- baking pan

## Directions

- Watch how to make this recipe.
- Preheat the oven to 350 degrees F. Spray 4 individual-sized baking dishes with cooking spray.
- Season the chicken with 1/4 teaspoon salt and a few turns of pepper. In a large nonstick skillet, heat 2 teaspoons of the oil over a medium-high heat.
- Add the chicken to the pan and cook for 5 minutes, turning once.
- Transfer the chicken to a plate.
- Add 2 more teaspoons of the oil, the leeks, and the celery to the pan and cook until vegetables begin to soften, about 3 minutes.
- Add the potatoes, green beans, garlic, and remaining salt and pepper and cook for 2 more minutes.
- Add the milk to the pan. Stir the flour into the chicken broth until dissolved and add to the pan. Cook, stirring, until the mixture comes to a boil. Reduce the heat to medium-low. Cover

and simmer, stirring occasionally, for 10 minutes. Stir in the reserved chicken, peas, parsley, and thyme. Spoon the mixture into the prepared baking dishes.

Put the remaining 2 teaspoons olive oil into a small bowl. Unroll the phyllo dough and cut it into quarters.

Place a quarter sheet on top of each baking dish and brush with olive oil. Repeat with remaining 3 baking dishes. Tuck the edges of the phyllo into the dish rim. Top each pie with Parmesan.

Place on a baking sheet and bake until the filling is bubbling, about 30 minutes.

## Nutrition Facts



**PROTEIN 33.3%** **FAT 24.2%** **CARBS 42.5%**

## Properties

Glycemic Index:129.27, Glycemic Load:26.68, Inflammation Score:-10, Nutrition Score:40.692173646844%

## Flavonoids

Apigenin: 4.42mg, Apigenin: 4.42mg, Apigenin: 4.42mg, Apigenin: 4.42mg Luteolin: 0.92mg, Luteolin: 0.92mg, Luteolin: 0.92mg, Luteolin: 0.92mg Kaempferol: 2.33mg, Kaempferol: 2.33mg, Kaempferol: 2.33mg, Kaempferol: 2.33mg Myricetin: 0.49mg, Myricetin: 0.49mg, Myricetin: 0.49mg, Myricetin: 0.49mg Quercetin: 2.37mg, Quercetin: 2.37mg, Quercetin: 2.37mg

## Nutrients (% of daily need)

Calories: 532.07kcal (26.6%), Fat: 14.38g (22.13%), Saturated Fat: 3.23g (20.21%), Carbohydrates: 56.8g (18.93%), Net Carbohydrates: 49.11g (17.86%), Sugar: 11.15g (12.38%), Cholesterol: 96.84mg (32.28%), Sodium: 948.59mg (41.24%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 44.52g (89.05%), Vitamin B3: 20.25mg (101.27%), Vitamin K: 94.9µg (90.38%), Vitamin B6: 1.73mg (86.25%), Selenium: 56.62µg (80.88%), Vitamin C: 55.43mg (67.19%), Phosphorus: 606.44mg (60.64%), Potassium: 1561.67mg (44.62%), Manganese: 0.89mg (44.3%), Vitamin A: 1909.27IU (38.19%), Vitamin B1: 0.56mg (37.46%), Vitamin B2: 0.58mg (33.93%), Folate: 131.62µg (32.91%), Fiber: 7.69g (30.77%), Magnesium: 121.86mg (30.46%), Vitamin B5: 3.01mg (30.13%), Iron: 5.13mg (28.49%), Calcium: 239.36mg (23.94%), Copper: 0.42mg (21.03%), Zinc: 2.56mg (17.04%), Vitamin B12: 0.97µg (16.19%), Vitamin E: 2.04mg (13.6%), Vitamin D: 1.13µg (7.52%)