



HEALTHY LIVING
WITH *Patti Green*

Chicken Pot Pie

Preheat oven to 425 degrees

Ingredients:

- 1 1/2 pounds skinless, boneless chicken thighs - cubed (trim fat)
- 2 tbs olive oil
- 2 tbs butter
- 1 cup of butternut squash, cubed
- 1/2 cup fresh, frozen or canned peas
- 1/2 cup fresh, frozen or canned sweet corn
- 1/2 onion, diced
- 3 tbs flour
- 1 1/2 cup chicken broth
- 1/2 cup of heavy cream
- 9" Pie crust top and bottom
- 2 tsp Adobo

Equipment Needed:

- Measuring spoons
- Measuring cups
- Chicken cutting board
- Vegetable cutting board
- Knife
- Whisk
- Fork
- Large skillet

Instructions: (Pie Shell)

1. Bake bottom crust in oven for 8 -10 minutes, until light brown. Place dry beans in bottom to avoid crust from lifting while backing. (This is called blind baking)
2. Remove let cool

Instructions: (Filling)

1. In a large skillet add olive oil
2. Add chicken thighs
3. Cook each side for 3 - 5 minutes or flip when skin looks whitish
4. Remove chicken from pan and place on cutting board and let cool
5. Add butter to the same pan

6. Add onions and sauté until translucent
7. Add flour and stir with fork or whisk until flour is mixed with butter
8. Keep mixing and add heavy cream
9. Mixture should begin to thicken
10. Add the broth and keep mixing until smooth
11. Add chicken, peas, squash and corn and let ingredients cook for 10 - 12 minutes
12. Mix in the seasoning
13. Carefully pour chicken mixture into pie shell
14. Add pie crust to top. Crimp edges
15. With a butter knife, place slits on top for venting
16. Bake for 30 - 40 minutes
17. Pie shell should be lightly browned
18. Remove from oven and let sit for 10 minutes before serving



RECIPES

