

Healthy Chicken Pot Pie - HealthyPointRecipes.com



This recipe is a bit high in points if you are used to doing 3-4 point meals, but it's filling, full of protein, and absolutely delicious. The portions are large, too.

Blue Points: 8 with crackers, 5 without

Green Points: 10 with crackers, 6 without

Purple Points: 8 with crackers, 5 without

12 ounces mushrooms (I like baby Bellas)
1 cup diced carrots
1/2 c frozen mixed veggies
2 t. garlic powder
salt and pepper to taste
1/4 cup flour
1 cup nonfat Greek Yogurt
1 cup unsweetened coconut or almond milk
1 cup uncooked egg noodles
2 cups cooked and shredded chicken breast (no skin)
optional for topping: 1 cup crushed crackers

Preheat oven to 425* F. Spray a 9x9 casserole dish with nonstick cooking spray and set aside.

In a skillet, using nonstick cooking spray, cook mushrooms until brown. Add in carrots, mixed veggies, garlic powder, and salt and pepper.

Cook until carrots begin to soften. This should take another 2-3 minutes.

Sprinkle the flour on top of the cooked veggies. Add in egg noodles.

Slowly add in milk of choice, stirring consistently. Add in nonfat yogurt. Bring to a low boil and allow to cook until thickened. This will take another 3 minutes or so.

Stir in cooked chicken. If you're going to add a crust, you'd do so now before cooking the rest of the way. I kept the points low by making this a casserole rather than a traditional pot pie with a crust on top. 2-ingredient dough would make a tasty low point crust for this chicken pot pie.

Top with crushed crackers for a little texture. Bake at 425°F for at least 10 minutes or until all ingredients are hot and bubbly.