



## RECIPE OF THE Month

# EnLIGHTened Chicken Pot Pie

A favorite comfort food on the light side. It still has the creamy base and crust we can't do without.

- 8 ounces leftover cooked **chicken breast**, cut into bite-sized pieces
- 3 cups of any **leftover vegetables**, cut into bite-sized pieces
- 1 can (10.75 oz) reduced fat, reduced sodium **cream of celery condensed soup**
- 4 servings refrigerated **reduced fat crescent rolls** (unprepared)

- ① In a saucepan combine and warm chicken, vegetables and soup over medium heat.
- ② Place into a 9" round baking dish lightly sprayed with nonstick cooking oil.
- ③ Place dish in preheated 350°F oven and bake about 30 minutes or until hot and bubbly; stir halfway.
- ④ While mixture cooks, combine crescent dough with hands to make one ball. With a rolling pin, roll out dough into a circle to cover top of chicken mixture.
- ⑤ Add dough to the top of the dish and cook for an additional 20 minutes or until top is golden brown.

**MAKES 4 SERVINGS (one-quarter of pie each).**

**PER SERVING:** 257 calories | 18g protein | 7g fat | 27g carbs | 2.5g fiber | 292mg sodium