

Chicken Biscuit Skillet

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If you cut into 4 servings:

Blue – 6 Points

Purple – 6 Points

Green – 8 Points

If you cut into 6 servings:

Blue – 4 Points

Purple – 4 Points

Green – 6 Points

- 1 Tbsp light butter
- 1/3 cup onion, chopped
- 1/4 cup all purpose flour
- 1 – 10 1/2 oz can chicken broth
- 1/4 cup 1% milk
- 1/8 tsp black pepper
- 2 cups cooked, shredded chicken breast
- 10 oz frozen mixed vegetables, thawed
- 7.5 oz tube buttermilk biscuits, each cut into 6 pieces

1. Preheat the oven to 400.

2. Melt the butter in a 10 inch cast iron or other oven

proof skillet over medium high.

3. Add onions, cook and stir until tender, about 2-3 minutes.
4. In a bowl, mix flour, broth, milk and pepper until smooth; stir into pan. Bring to a boil, stirring constantly; cook and stir until thickened, 1-2 minutes. Add the chicken and veggies, heat through.
5. Arrange biscuit pieces over the top of the chicken mixture. Bake until biscuits are golden brown, about 15-20 minutes.
6. ***If you do not have an oven proof skillet, transfer the chicken mixture into a casserole dish once it is heated through in the pan and proceed from there***