

Chicken Pie

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Serves 6, 6 FSP per serving ***You can use the refrigerated roll out pie crusts instead of the 2ID, but that will make the points 12 FSP per serving.

- 1 1/2 cups self rising flour
- 1 cup Fat free Greek yogurt (1/2)
- 1/3 cup light butter
- 1/3 cup chopped onion
- 1/3 cup all purpose flour
- 1/2 tsp salt
- 1/4 tsp pepper
- 14 oz. chicken broth
- 1/2 cup 1% milk
- 2 1/2 cups cooked chicken, cubed
- 2 cups frozen mixed veggies, thawed

1. Heat oven to 400.
2. In a bowl, mix self rising flour and greek yogurt to form a dough. Knead a few times. On a piece of wax paper or parchment paper sprayed with non stick spray, roll out 1/2 the dough to fit in the bottom of a 9 inch pie plate. Spray the pie plate with non stick spray. Carefully, using the parchment paper as a guide lay the dough in the pan and fit to sides.
3. In a 2 quart saucepan, melt butter over medium heat. Add onion and cook 2 minutes, stirring frequently, until tender. Stir in flour, salt and pepper until well

blended. Gradually stir in broth and milk, cooking and stirring until bubbly and thickened.

4. Stir in chicken and mixed veggies. Remove from heat. Spoon into crust lined pie plate. Carefully top with second crust, seal edges and flute. Cut several slits in the crust to allow steam to escape.
5. Bake 15-20 minutes or until crust is golden brown. ****Times will vary!!**** If crust gets too brown on the edges, cover them with foil. Let stand 5-10 minutes before serving.