

## Carb Friendly, Comforting Chicken Pot Pie



### Ingredients

4 teaspoons olive oil  
2 cloves garlic, minced  
1 medium onion, chopped  
1 stalk of celery, chopped  
1 bag of frozen mixed vegetables (thawed) or fresh veggies like carrots, peas, green beans  
1/4 cup flour  
1 1/2 cups 1% milk  
1 cup low-sodium chicken broth  
2.5 cups boneless, skinless chicken breasts, cooked and cut into pieces  
1 1/2 tablespoons fresh thyme leaves  
Salt and Pepper to taste  
6 sheets of phyllo pastry dough

### Preparations

1. Preheat the oven to 375° F and spray a round baking dish with cooking spray.
2. In a large skillet, heat 2 teaspoons of oil over medium-high heat.
3. Add onion, garlic, and celery, cook for 3 minutes. Add the vegetables. Cook until soft.
4. Whisk in the flour briskly and then slowly add the milk and chicken broth.
5. Cook on high while stirring until the mixture comes to a boil and thickens.
6. Reduce the heat and add the chicken, thyme, salt and pepper. Stir and cook until combined and hot.
7. Spoon filling into the dish, top with the phyllo sheets, tucking in the sides to fit the dish.
8. Bake for about 20 minutes or until the top is puffed up and browned.

### Nutrition Facts

Serving size: 1/6 of the pie

#### Amount Per Serving

Calories 254

**Total Fat** 6.1g

**Cholesterol** 46.2mg

**Sodium** 192mg

**Total Carbohydrate** 26g

Dietary Fiber 2.6g

**Protein** 22.6g

**Carbohydrate Serving** 1.75

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