

Healthy Chicken and Leek Pot Pie

This recipe is lighter than a traditional pot pie recipe but still exactly what you are looking for - comforting and delicious!

| YIELD 4 SERVINGS | PREP TIME 35 MIN | TOTAL TIME 45 MIN |
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INGREDIENTS

| | |
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| 2 each | Leeks, cleaned and diced |
| 2 each | Chicken Breast, boneless, skinless, diced to 1-inch pieces |
| 1 ½ cups | Carrot, diced (about 2 medium carrots) |
| 2 cloves | Garlic, diced |
| 1 ¼ tsp | Thyme, fresh, <u>divided</u> (about 12 sprigs) |
| 3 tsp | Olive or Canola Oil, <u>divided</u> |
| ¼ tsp | Kosher Salt |
| ½ tsp | Black Pepper, <u>divided</u> |
| 1 Tbsp | All Purpose Flour |
| 1 ½ cup | Chicken Stock, homemade or low-sodium |
| 1 cup | Frozen peas, thawed |
| ½ tsp | Dijon Mustard |
| ½ cup | Greek Yogurt, plain, low-fat |
| ¼ cup | Whole Wheat Breadcrumbs |
| ¼ cup | Parmesan Cheese, grated |

DIRECTIONS

1. Gather all necessary equipment and ingredients. Preheat oven to 325°F. Prepare a pie pan or casserole dish by spraying lightly with non-stick cooking spray.
2. To prepare the leeks: cut off dark green ends and root end of leeks and discard. Cut leeks in half lengthwise and then into ¼-inch halfmoons. Place leeks in medium bowl, cover with cold water and soak for 2-3 minutes. Use your hands to gently agitate the leeks in the water, allowing the grit to settle to the bottom of the bowl. Drain and then pat dry with paper towel.
5. Heat a large skillet over medium heat. Once hot, add 1 tsp of oil to the pan then the diced chicken and sprinkle with salt and ¼ tsp pepper. Sauté for 10 minutes over medium heat, until lightly browned. Remove from pan, set aside.



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CHEF'S NOTES

This recipe uses leeks that offer a wonderful, delicate onion flavor. If you prefer or if leeks are unavailable, you can substitute about _ cups diced celery and onions. Additionally, this recipe uses fresh thyme for the main seasoning. Using fresh herbs and spices is a great way to add flavor to dishes without adding extra salt and fat -allowing you to create flavorful food without increasing the amount of sodium or fat per serving.

6. Place the pan back over the heat and add 1 tsp of oil then the carrots and leeks. Sauté over medium heat for about 10 minutes, until carrots are tender and leeks have cooked down and are lightly browned. Stir in the garlic and sauté for additional 1-2 minutes.
7. Stir in the flour, until the vegetables are evenly coated. Add the stock and 1 tsp thyme leaves. Bring to a low simmer.
8. Reduce to low heat and cook for 5 minutes or until sauce thickens. Stir in the thawed peas abnd the reserved chicken.
9. Remove from the heat, add Dijon mustard and yogurt stirring gently to combine.
10. Pour mixture into prepared pie pan or casserole dish.
11. Mix the breadcrumbs, parmesan cheese, remaining 1 tsp oil, and remaining thyme leaves in small bowl. Sprinkle mixture on top on chicken and vegetable mixture.
12. Transfer to the preheated oven and bake for 10 minutes or until breadcrumbs have browned and chicken has reached an internal temperature of 165°F. Enjoy!

| Nutrition Facts | |
|-------------------------------|------------------------|
| 4 servings per container | |
| Serving Size | 1.5 cup (384 g) |
| Amount per serving | |
| Calories | 330 |
| % Daily Value * | |
| Total Fat 9g | 12% |
| Saturated Fat 2g | 10% |
| Trans Fat 0g | |
| Cholesterol 90mg | 30% |
| Sodium 450mg | 20% |
| Total Carbohydrate 26g | 9% |
| Dietary Fiber 5g | 17% |
| Total Sugars 8g | |
| Includes 0g Added Sugars | 0% |
| Protein 36g | 72% |
| Vitamin D 0.06mcg | 0% |
| Calcium 160mg | 12% |
| Iron 3mg | 15% |
| Potassium 900mg | 19% |

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

