



Turkey Pot Pie

serves 6

2 cups cooked turkey, chopped
2 cups cooked broccoli, chopped
1 cup cooked carrots, chopped or sliced
½ cup chopped onion
½ cup chopped celery
2 Tbsp. butter
3 Tbsp. flour
¾ cup skim milk
¾ cup chicken broth
½ tsp. dried thyme
¼ tsp. black pepper
dash of salt
1 cup flour
¼ cup canola oil
2 Tbsp. skim milk

1. Preheat oven to 425 degrees. Spray a deep pie plate with cooking spray.
2. Combine ¾ cup skim milk with chicken broth and heat. Do not boil.
3. Melt butter in large skillet over low-medium heat. Add celery and onion and cook, stirring occasionally, till soft and transparent.
4. Add 3 Tbsp. flour. Cook, stirring constantly, about 1 minute. Add broth-milk mixture. Cook, stirring constantly, until it thickens and boils. Reduce heat and stir one minute. Remove from heat.
5. Stir in thyme, pepper, turkey, broccoli and carrots. Place mixture in pie plate.
6. In small bowl stir together 1 cup flour and canola oil and a dash of salt. Add 2 Tbsp. skim milk and stir till a dough forms. Place dough between 2 large sheets of wax paper. Roll out a large circle to cover top of pie. Remove top sheet of wax paper, Flip crust on top of pie, remove wax paper. Trim crust to fit. Prick crust a few times with a fork.
7. Bake for 15-20 minutes, till crust is slightly browned and filling is bubbling.

Nutritional Information :

Calories: 363	Carbohydrate: 59g
Total Fat: 21g	Dietary Fiber: 3.5g
Saturated Fat: 7g	Protein: 19g
Sodium: 216 mg	