

Skinny Chicken-Leek Pot Pie

Adapted from Cooking Light and Wendy Weekend Gourmet

Pot Pie Filling:

3/4 to 1 pound chicken breast meat, cut into bite-sized pieces
1 tablespoon poultry seasoning
Ground black pepper, to taste
1 1/2 tablespoons olive oil, divided
1 cup diced baby carrots
1 cup diced potatoes, any kind
2 leeks, white and light green parts only, sliced
1 cup sliced mushrooms
3 tablespoons flour
2 cups chicken broth, homemade or low sodium
2 ounces Neufchatel or low-fat cream cheese

Pie Crust Rounds:

1 packaged refrigerated pie crust sheet
1/2 teaspoon dried whole thyme
Milk, for brushing pastry

Mix the cut chicken with the poultry seasoning, black pepper, and a half tablespoon of oil and set aside.

Add the trimmed leeks to a bowl of cold water to rinse out any grit or sand, then drain.

Add a tablespoon of the oil to a large skillet over medium heat. Add the carrots and potatoes and stir to evenly coat with the oil. Cook for 5 to 7 minutes, then cover and steam the mixture for about 10 more minutes, uncovering and stirring occasionally. Add the chicken, leeks, and mushrooms and cook for another 10 minutes or so, also stirring occasionally.

Meanwhile, combine the cream cheese and chicken broth in a large measuring cup and microwave for 2 minutes. After, whisk vigorously until the cream cheese is completely combined with the broth and set aside.

Step away for a second and preheat the oven to 375 degrees.

When the chicken is fairly cooked through, evenly sprinkle the flour over it all. Stir well to combine and cook for 1 to 2 minutes, stirring constantly.

Pour the hot cream cheese/broth mixture into the pan with the chicken and veggies and stir well to combine with everything else until smooth. Reduce heat to low, then cover and simmer for 15 minutes, stirring occasionally.

Meanwhile (again), line a rimmed baking sheet with parchment paper and unroll the refrigerated pie crust onto it. Use a small ramekin (or other) bowl as a guide to cut four pie crusts. Brush each round with milk, then sprinkle with the thyme. Place in oven and bake until golden brown, about 10 to 12 minutes, then remove. By now your pot pie filling should be done.

To serve, divide the pot pie filling into bowls or ramekins and top with one of the crispy pie crust rounds. Serve and enjoy a bowl of yumminess!

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