

# Autumn Chicken Pot Pie

*This is not your typical pot pie. With the sweet taste of cranberries and the tart taste of the granny smith apples, this is one chicken pot pie that is sure to please your taste buds.*

Recipe Type: Main Dish, Poultry

Degree of Difficulty: Moderately difficult

## Ingredients

### Dough

1 cup all purpose-flour  
1 tsp ground ginger  
1 tsp grated lemon zest  
½ tsp salt  
⅓ cup butter, softened  
3 Tbs cold water

### Filling

2 cups chopped cooked chicken chicken breast, skinless  
2 cups chicken broth  
1 cup pearl onions, peeled and steamed until tender  
2 medium carrots, cut into slices and steamed until tender  
1 medium Granny Smith apples, cored and cut into chunks  
¼ cup dried cranberries  
2 Tbs butter  
¼ cup all-purpose flour  
2 Tbs lemon juice  
1 Tbs minced fresh gingerroot  
½ tsp freshly ground black pepper  
⅛ tsp salt

## Directions

### Directions for Crust

- 1 In a large bowl, combine flour, ginger, lemon zest and salt.
- 2 With a pastry blender (or 2 knives), cut in ⅓ cup butter until mixture is coarse crumbs.
- 3 Sprinkle 3 tablespoons of water over the dough mixture and toss with a fork. The dough should be just barely moistened, enough to hold together when formed into a ball. Add more water if needed.
- 4 Form the dough into a flat disk and wrap in plastic and refrigerate.

### Directions for Filling

- 1 Preheat oven to 450°F.
- 2 Drop pearl onions into boiling water for 30 seconds; drain, peel. Steam pearl onions and carrots until tender.
- 3 In large saucepan over medium heat, melt 2 tablespoons butter.
- 4 Whisk in flour and ginger until smooth.
- 5 Reduce heat to low and gradually whisk in chicken broth.
- 6 Stir in pearl onions, carrots, apples, cranberries, lemon juice and chicken.
- 7 Let simmer for 5 minutes, stirring regularly.
- 8 Season with salt and pepper.
- 9 Spoon filling into deep, 10-inch ceramic glass pie dish.

### Directions for Pot Pie

- 1 On a lightly floured surface, roll dough out to a circle, about 12-inches in diameter.
- 2 Lay the dough over the top of pie dish.
- 3 Trim and crimp edges. Use a small knife to cut several slits in the center of the pie.



- 4 Set the pie on a baking sheet and place in the oven on the middle rack.
- 5 Bake for 15 minutes.
- 6 Reduce heat to 400°F and continue baking for an additional 20 minutes or until pie bubbles around edges and top is nicely browned.
- 7 Cut into 6 wedges and serve while hot.

### **Cooking Times**

Preparation Time: 30 minutes

Cooking Time: 40 minutes

Total Time: 1 hour and 10 minutes

### **Nutrition Facts**

Nutrition (per serving): 435 calories, 17g total fat, 9.6g saturated fat, 77mg cholesterol, 611mg sodium, 50.8g carbohydrates, 4.6g fiber, 5.8g sugar, 19.6g protein.

Servings: 6

### **Weight Watchers Points**

Note: The chicken breast, apples and veggies were not used to calculate SmartPoints. The dried cranberries are included. The veggies and apples were not used for the other points.

Orig. WW Pts: 9

Points Plus: 10

Smart Points: 13

FreeStyle Smart Points: 12

### **Tips**

You can use ready made pie crust if you want instead of making your own.

Recipe provided by the National Chicken Council.