

# Chicken and Mashed Potato Bake

Recipe Type: Main Dish, Poultry

Degree of Difficulty: Very easy

## Ingredients

3 oz (1-oz.) packages chicken gravy mix  
3 cups cubed, cooked chicken breast  
3 cups frozen mixed vegetables  
4 cups frozen or packaged mashed potatoes, prepared according to package directions



## Directions

- 1 Prepare gravy mix according package directions in skillet.
- 2 Add chicken and frozen vegetables and return to a boil.
- 3 Reduce heat, cover and simmer 10 minutes.
- 4 Pour mixture into 4-quart baking dish.
- 5 Spoon or pipe potatoes (using a pastry bag with large tip) on and around chicken and vegetables.
- 6 Bake at 375°F for 12 to 15 minutes or until potato topping is lightly browned.

## Cooking Times

Preparation Time: 5 minutes

Cooking Time: 22 minutes

Total Time: 27 minutes

## Nutrition Facts

Nutrition (per serving): 376 calories, 5.4g total fat, 1.5g saturated fat, 54.5mg cholesterol, 972.1mg sodium, 57.9g carbohydrates, 10.9g fiber, 3g sugar, 27.2g protein.

Servings: 6

## Weight Watchers Points

Note: The chicken breast and veggies are not used when calculating SmartPoints. The veggies are not used for the other WW points.

Orig. WW Pts: 5

Points Plus: 6

Smart Points: 6

FreeStyle Smart Points: 5

Source: Nestlé

Web Page: [www.verybestmeals.com](http://www.verybestmeals.com)

Recipe provided by the Washington Fryer Commission.