

# Quick Chicken and Dumplings

*One of the original "comfort foods" that reminds us of home cooking; this is a recipe to please the whole family.*

Recipe Type: Main Dish, Poultry

## Ingredients

⅔ cup 2% milk  
2 cups buttermilk baking mix  
2 Tbs chopped fresh parsley  
3 (1-oz.) packages chicken gravy mix  
3 cups cubed, cooked chicken breast, skinless  
3 cups frozen mixed vegetables



## Directions

- 1 Add milk to baking mix and parsley. Mix only until baking mix is moistened. Set aside.
- 2 Prepare gravy mix according to package directions in skillet with cover. Add chicken and frozen vegetables and return to boil.
- 3 Portion 6 large spoonfuls of dumpling dough onto hot mixture.
- 4 Reduce heat, cover and simmer 10 to 12 minutes or until dumplings are cooked.
- 5 Serve in a shallow soup bowl.

## Cooking Times

Preparation Time: 5 minutes

Cooking Time: 20 minutes

## Nutrition Facts

Nutrition (per serving): 420 calories, 5.3g total fat, 1.5g saturated fat, 62.8mg cholesterol, 732.7mg sodium, 61.3g carbohydrates, 11.2g fiber, 2.7g sugar, 34.3g protein.

Servings: 6

## Weight Watchers Points

Note: The chicken breast and veggies are not included in the calculation of Freestyle SmartPoints. The veggies are not included in the other points values.

Orig. WW Pts: 5

Points Plus: 7

Smart Points: 6

FreeStyle Smart Points: 5