

Chicken Pot Pie

To lower fat, I only use the top crust, plus the bottom one usually ends up getting too soggy to really taste anyway.

What you'll need:

2 packages turkey gravy mix

1/2 cup milk

1/2 cup water

1 can cream of chicken soup

1 tsp. onion powder, or tbsp dried onion flakes

1 thawed Pillsbury 9 in" pie crust

2 or 3 cooked and shredded chicken breasts

1 16 oz can of mixed veggies, or 1 16 oz. bag frozen mixed veggies.

Heat gravy mix, soup, milk, water and onion over med-hi heat until it boils, then add veggies, cook until thawed. Add chicken, blend well.

Pour into greased 9 in" pie dish or equivalently sized baking dish, cover with crust. Press crust edges against pan, then cut 3 or 4 1 in. slits, for vent holes.

Cook at 450 for 20-25 minutes depending on your oven--just until crust is golden.