Low Calorie Chicken Pot Pie

A lighter chicken pot pie with skinless breast, plenty of vegetables, skim milk and a thin phyllo topping in place of a double pastry crust.

PREP 25 min • COOK 50 min • TOTAL 85 min • SERVES 6 • MEDIUM



INGREDIENTS

- 3 cups (420 g) cooked skinless chicken breast, diced
- 1 small onion (100 g), diced
- 2 carrots (150 g), finely diced
- 1 celery stalk (70 g), diced
- 2 cups (200 g) small broccoli florets
- ¾ cup (105 g) frozen peas
- 1 tbsp (15 ml) olive oil, for filling
- 1½ cups (360 ml) low-sodium chicken broth
- ¾ cup (180 ml) skim milk
- 3 tbsp (24 g) cornstarch
- ½ tsp (0.5 g) dried thyme
- ½ tsp (3 g) fine salt
- ¼ tsp (0.5 g) black pepper
- 4 sheets plain phyllo dough (about 70 g), thawed
- 2 tsp (10 ml) olive oil, for phyllo

RECIPE NOTE

Use four thin sheets as the only topping; do not add a bottom crust. Keep topping oil separate from filling oil.

METHOD

1. Heat oven to 375°F (190°C). Warm filling oil in a pan; soften onion, carrot and celery for 8 minutes. Add broccoli, broth and seasonings; simmer 5–7 minutes until nearly tender.
2. Whisk cornstarch into cold milk. Stir into the pan and simmer 2 minutes until thick. Fold in chicken and peas; heat filling to 165°F (74°C). Transfer to a 2.5-quart (2.4 L) baking dish.
3. Keep unused phyllo covered with a slightly damp towel. Brush each sheet thinly with topping oil, loosely crumple, and arrange over filling in one airy layer.
4. Bake 18–25 minutes, until phyllo is crisp and baked through and the filling center is at least 165°F (74°C). Shield browned areas loosely if needed; rest 10 minutes.

STORAGE, FREEZING & REHEATING

Storage: Refrigerate covered within 2 hours (1 hour above 90°F/32°C); keep at 40°F/4°C or colder and use within 3–4 days.
Freezing: Freeze cooled portions airtight up to 3 months. Thaw in the refrigerator; phyllo may soften. For a crisper top, freeze filling separately from unbaked phyllo.
Reheat: Reheat portions in a 350°F (175°C) oven until the filling center reaches 165°F (74°C). Loosely cover topping if it is already browned.
Note: Use four thin sheets as the only topping; do not add a bottom crust. Keep topping oil separate from filling oil.

Use a food thermometer; poultry and reheated filling should reach 165°F (74°C).