



Mini Chicken Pot Pies



1/6th of recipe (1 pie): 281 calories, 8.5g total fat (2.5g sat. fat), 930mg sodium, 30.5g carbs, 2.5g fiber, 6g sugars, 17.5g protein

Prep: 20 minutes **Cook:** 25 minutes

More: [Lunch & Dinner Recipes](#), [Four or More Servings](#)



Ingredients

3 cups frozen petite mixed vegetables
12 oz. raw boneless skinless chicken breast cutlets, pounded to 1/2-inch thickness
1/2 tsp. salt-free seasoning mix (like the kinds by Mrs. Dash)
Two 10.75-oz. cans 98% fat-free cream of mushroom condensed soup
1 tsp. chopped garlic
1 package refrigerated Pillsbury Crescent Recipe Creations Seamless Dough Sheet (or HG Alternative below)

Directions

Preheat oven to 375 degrees. Spray six 8-oz. ramekins (each about 3 1/2" in diameter) with nonstick spray, and place on a large baking sheet.

Place vegetables in a large microwave-safe bowl. Cover and microwave for 3 minutes, or until veggies are warm.

Meanwhile, bring a large skillet sprayed with nonstick spray to medium heat. Cook chicken for about 5 minutes per side, until cooked through.

Roughly chop chicken, and add to the large bowl. Sprinkle with seasoning mix.

Add soup and garlic, and gently mix. Evenly distribute mixture among ramekins.

Roll out dough into a large rectangle of even thickness, about 12" X 8". Evenly cut dough into 6 squares, each about 4" X 4".

Lay a piece of dough over each ramekin, press along the outside edges, and cut a slit to let steam escape.

Bake until dough is firm and golden brown and filling is hot, about 14 minutes.

MAKES 6 SERVINGS

HG Alternative: If you can't find the Recipe Creations dough, go for [Pillsbury 90 Calorie Reduced Fat Crescent roll dough](#). (The products are nearly identical.) Then firmly pinch/seal up the perforations for a seamless sheet.

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