



Quick-Fix Crustless Chicken Pot Pie



Entire recipe: 228 calories, 2g total fat (0.5g sat. fat), 510mg sodium, 22.5g carbs, 4.5g fiber, 7g sugars, 26.5g protein

Prep: 5 minutes **Cook:** 5 minutes



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Ingredients

1 1/2 cups frozen petite mixed vegetables
3 oz. cooked and chopped skinless chicken breast
1/4 cup fat-free or nearly fat-free chicken or turkey gravy
Optional seasonings: garlic powder, onion powder

Directions

Place frozen veggies in a medium microwave-safe bowl. Microwave for 3 minutes, or until hot. Blot away excess liquid.

Mix in chicken and gravy. Microwave until hot, about 1 minute. Yum!

MAKES 1 SERVING

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