

Light Chicken Potpie

Ingredients

1 c Flour (plus 3 tablespoons)	1/4 t Baking Powder
2 1/4 t Salt	5 T Butter (cold, cut into small pieces)
1/3 c Milk (plus 2 tablespoons)	1 Egg
4 1/2 c Chicken Broth	2 Russet Potatoes (small)
2 t Thyme (chopped)	5 Carrots (cut into large chunks)
1 Onion (finely diced)	2 T Olive Oil
3 c Rotisserie Chicken (shredded,	3 Celery (stalks, sliced)
1/2 c Greek Yogurt	skin removed)
1/2 c Parsley (minced)	1 c Peas (frozen)
1/2 t Garlic Powder	1/4 t Ground Black Pepper
2 T Parmesan	2 T Ice Water

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Instructions

1.Prepare the crust. Pulse 1 cup flour, baking powder, 1/4 teaspoon salt in a food processor until combined. Add the butter, one piece at a time, pulsing until the mixture looks like coarse meal.

2.Separate the egg; refrigerate the egg white. Beat the egg yolk and 2 tablespoons milk in a bowl, then add to the food processor, pulsing a few times. Add ice water and pulse until the dough comes together. Turn out onto a lightly floured surface and gather into a ball. Flatten into a disk, wrap in plastic wrap and chill at least 1 hour.

3.Meanwhile, make the filling. Prick the potatoes with a fork and microwave on high for 8 minutes until tender. Cool slightly, then peel and break into small pieces. Preheat the oven to 425 degrees.

4.Heat the olive oil in a large pot over medium heat. Add onion and cook until soft, about 4 minutes. Add carrots, celery, thyme, and 1 tablespoon butter, then season with salt, pepper and garlic powder and cook for another 4 minutes.

5.Sprinkle in 3 tablespoons flour and stir until lightly toasted, about 3 minutes. Add 1/3 cup milk, potato pieces and broth and simmer until thickened, about 15

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minutes. Remove from the heat and stir in the chicken, yogurt, peas and parsley. Season with 2 teaspoon salt, 1/4 teaspoon pepper, and 1/2 teaspoon garlic powder.

6. Transfer the filling to a 2-quart casserole dish. Roll out the dough on a lightly floured surface until about 1/8 inch thick and slightly larger than the dish. Press the dough against the sides of the dish. Beat the reserved egg white in a bowl; brush over the dough and season with salt, pepper, and garlic powder. Sprinkle the Parmesan all over the top and place on a baking sheet. Cut 3 slits at the top and bake until the crust is golden brown, 20 to 25 minutes.