

CHICKEN PIE



50 STATES
★ ★ ★
50 PLATES

featuring

★ FRANKLIN BECKER ★

Paid spokesperson for Novo Nordisk.

INGREDIENTS

For the chicken:

- ★ 1 tablespoon olive oil
- ★ 1 yellow onion, 1¼ cup diced small, (8 ounces)
- ★ 2 carrots, ¾ cup peeled and diced small, (2 ounces)
- ★ 2 stalks celery, ¾ cup diced small, (3 ounces)
- ★ 1 cup low-sodium chicken broth, divided

- ★ ½ pound boneless, skinless chicken breast, cut into ¾-inch pieces
- ★ 1 tablespoon whole wheat pastry flour
- ★ ½ teaspoon fresh thyme leaves
- ★ ¼ teaspoon fresh ground black pepper
- ★ ½ cup frozen peas

For the biscuits:

- ★ ½ cup finely ground almond flour
- ★ ¼ cup whole wheat pastry flour
- ★ 1 teaspoon baking powder
- ★ ¼ teaspoon kosher salt
- ★ 1 large egg yolk
- ★ 2 tablespoons low-fat buttermilk
- ★ Olive oil spray

DIRECTIONS

Heat the oven to 400 degrees F. Set two 1½ cup oven-proof serving dishes on a rimmed baking sheet and set aside. In a medium pot, heat olive oil over medium heat. Add onion, carrot, and celery and cook, stirring occasionally, until vegetables are tender, about 6 to 8 minutes. Transfer 1 cup of vegetable mixture to a blender, add ½ cup chicken broth and let cool slightly. Meanwhile, add chicken to pot and cook until light golden brown, 2 to 3 minutes. Add 1 tablespoon flour and cook, stirring constantly, until thickened. Add ½ cup chicken broth, thyme, and pepper and bring to a simmer stirring constantly for 1 to 2 minutes. Blend the cooled vegetables and broth and add to the pot along with frozen peas. Bring to a simmer, simmer for 3 minutes.

In a medium bowl combine almond flour, pastry flour, baking powder, and salt. Stir in egg yolk and buttermilk and let sit for 3 minutes. Meanwhile, divide chicken mixture among dishes. Drop biscuit dough by the tablespoon on top of chicken mixture and lightly spray with olive oil.

Bake until the filling is bubbling and biscuits are cooked through and light golden brown, 12 to 15 minutes. Let cool for 5 minutes before serving.

Serving Size and Nutritional Information:

Serves 2 (Serving Size 1 Dish = 422g)
370 Calories Per Serving, **15g** Total Fat,
26g Total Carbohydrates, **33g** Protein

Estimated nutrition information is provided as a courtesy. Data gathered via a registered nutritionist. We strive to make this information as accurate as possible; however, Novo Nordisk makes no warranties regarding its accuracy.



Want more recipes? Download more delicious, type 2 diabetes-friendly recipes at MyType2Transformation.com.



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