

CHEDDAR CHICKEN POT PIE CUPS



INGREDIENTS:

- 6 - 8 sheets phyllo dough
- 1 tbsp oat flour
- 2 tbsp olive oil
- 2/3 cup chicken stock
- dash salt & pepper
- ¼ cup nonfat Greek yogurt
- 1 cup mixed frozen vegetables (carrots, peas, beans, corn)
- ½ lb cooked chicken breast, cubed
- ¾ cup fat-free cheddar cheese

DIRECTIONS:

1. Set out dough to thaw.
2. Preheat the oven to 350°F.
3. Spray Muffin Pan with cooking spray (12).
4. Cut dough into squares, typically 8 per sheet.
5. Layer 3 - 4 squares in each muffin cup.
6. Bake just for 3 minutes, then remove and set aside.
7. Add flour and oil to a saucepan on medium-high heat and stir until mixed.
8. Mix in stock, salt & pepper per preference, and yogurt and lower heat to medium.
9. Add chicken and vegetables to the pan, lower heat and simmer for about 5 minutes.
10. Spoon mixture into phyllo cups.
11. Top each muffin cup with 1 tbsp fat free cheddar.
12. Bake for 7 - 10 minutes.

Enjoy!

Makes 12 Cups | Serving Size = 1 Cup
Calories: 88 | Protein: 8 g | Carb: 7 g | Fat: 3 g | Fiber: 1 g