

CHICKEN POT PIE BUNDLES

INGREDIENTS

- 1 1/2 Tbsp canola oil, divided
- 1 large carrot, peeled and diced
- 1/2 small onion, diced (about 1/2 cup)
- 2 cloves garlic, minced
- 1 pound boneless, skinless chicken breast halves, cut into 1/2-inch dice
- 2 tsp chopped fresh tarragon or 1/2 tsp dried tarragon
- 1/2 tsp kosher salt
- Pinch of black pepper
- 1 cup all-natural chicken broth
- 4 tsp cornstarch
- 3/4 cup frozen petite peas, thawed
- 3/4 cup frozen corn kernels, thawed
- 12 egg roll wraps
- 2 Tbsp grated Parmesan cheese

DIRECTIONS

1. Preheat the oven to 350°F. Heat 1 tablespoon of the oil in a large nonstick skillet over medium-high heat. Add carrot and onion and cook, stirring frequently until softened (about 5 min). Add garlic and cook 1 min more.
2. Stir in the chicken, tarragon, salt and pepper. Cook until chicken is no longer pink, about 5 min.
3. Place broth and cornstarch in a bowl and whisk until well combined. Add to skillet along with peas and corn, and bring to a simmer, stirring constantly. Continue to simmer and stir gently until sauce thickens, about 2 min.
4. In a muffin pan with 12 medium-size cups (do not coat with nonstick spray), gently place 1 egg roll wrap into each cup, letting it extend over the sides.
5. Place a 1/4 cup of chicken mixture into each wrap, and sprinkle Parmesan cheese on top. Fold the corners up and over the top of the filling, and press to seal the edges. Brush remaining oil on top of each bundle.
6. Bake until golden and crisp, 12 to 15 minutes. Cool slightly before eating.

Courtesy of Academy of Nutrition & Dietetics



Serves: 6 • Nutrition Information: Calories: 360; Total fat: 7g; Sat fat: 1g; Sodium: 680mg; Total carb: 48g; Dietary fiber: 3g; Protein: 4g.