

## Chicken Pot Pie with Yogurt

Recipe by: Chef Jonathan Poyourow, RD, LD

Yield: 6 servings

### Ingredients:

#### For the crust:

- 1 cup all-purpose flour
- ¼ teaspoon baking powder
- ¼ teaspoon fine salt
- 4 tablespoons of cold unsalted butter, cut into small pieces
- 1 large egg
- 2 tablespoons milk

#### For the filling:

- 2 cups vegetable or chicken stock
- 1 large carrot, peeled and diced
- 2 medium potatoes, peeled and diced
- 2 tablespoons vegetable oil
- 1 large onion, finely diced
- 2 teaspoons fresh thyme, stalk removed
- 1 tablespoon flour
- 3 stalks of celery, diced
- 3 cups chicken, boneless, skinless, shredded
- ¾ cup plain Greek yogurt, 10% fat preferred
- ½ cup frozen peas
- 1 teaspoon kosher salt
- 1 teaspoon freshly ground black pepper



### Method of Preparation:

#### For the crust:

1. Preheat oven to 350 degrees.
2. In a food processor, pulse together the flour, baking powder and salt until combined. Add small amounts of butter at a time, pulsing until it looks like coarse meal.
3. Add egg and milk, pulse until dough comes together.
4. Gather the dough into a ball. Flatten into a disk, wrap in plastic and refrigerate.

#### For the chicken:

1. Season chicken with salt and pepper and place on a baking sheet covered in foil. Bake for 30 minutes or until reaches 165°.
2. Remove and cool. Shred chicken and set aside for later.

#### For the filling:

1. In a medium pot, bring stock to a boil. Add carrots and potatoes and simmer over medium heat for 15 minutes. Cover and keep warm.
2. In a separate pot over medium-high heat, add oil. Add onion and thyme and cook until lightly browned and soft, about eight minutes. Sprinkle in the flour. Stir and cook until lightly toasted, about three minutes. Add two ladles of warm stock and mix until well blended. Combine remaining stock into one pot. Stir in celery and simmer, about 15 minutes.

3. Remove from heat, stir in chicken, yogurt, and peas. Season with salt and pepper. Transfer the filling to the ramekins or a medium baking dish.
4. Roll out dough on a non-stick surface until half-inch thick. Cut the pastry into sizes about the same as the ramekins or dish. Place over filling. Brush milk over the dough. Place the dish on a baking sheet and bake for 20 minutes or until golden brown.

**Nutritional Analysis:**

Calories: 407

Carbohydrates: 33 g

Sodium: 556 mg

Protein: 33 g

Fat: 16 g

Fiber: 3 g