

# Chicken Pot Pie with Winter Vegetables



## Servings: 10

*2 pounds skinless boneless chicken breast*  
*1 tablespoon olive oil*  
*salt and pepper, to taste*  
*1/2 cup unsalted butter*  
*1 leek, sliced*  
*1 onion, chopped*  
*4 sprigs thyme, chopped*  
*2/3 cup all-purpose flour*  
*4 cups chicken stock*  
*2 carrots, chopped*  
*2 parsnips, chopped*  
*1 small rutabaga, chopped*  
*1 small turnip, chopped*  
*1/2 cup fresh parsley, chopped*  
*1 sheet puff pastry, thawed*  
*1 large egg, lightly beaten*

Preheat oven to 350°F. Set the chicken breast into a baking dish. Drizzle with olive oil and season with salt and pepper. Bake for 30-35 minutes or until it reaches an internal temperature of 165°F. Set aside to cool then chop.

In a pot melt unsalted butter over medium heat. Add leeks, onion, and thyme. Cook for 10 minutes stirring often. Add all-purpose flour and stir to form a roux. Cook for 2 minutes. Season with salt and pepper.

Slowly stir in chicken stock allowing the mixture to bubble and thicken. Cook until the mixture is nice and thick about 5 minutes.

Fold in chicken, carrots, parsnips, rutabaga, turnips, and parsley.

Spoon the mixture into a 9x13-inch baking dish.

On a lightly floured surface roll out the puff pastry. Using a cookie cutter cut out circles. Place the puff pastry circles over top of the filling.

Brush the top of the puff pastry with beaten egg.

Bake in a 375°F oven for 40-50 minutes or until the filling is bubbling vigorously and the puff pastry is golden brown.

Cool for 20 minutes.

Serve

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Per Serving (excluding unknown items): 464 Calories; 24g Fat (47.2% calories from fat); 28g Protein; 34g Carbohydrate; 4g Dietary Fiber; 112mg Cholesterol; 276mg Sodium; 7g Total Sugars; trace Vitamin D; 63mg Calcium; 2mg Iron; 767mg Potassium; 311mg Phosphorus. Exchanges: .