

# Low-Point Chicken Pot Pie

## Ingredients:

- Pam Cooking Spray with Butter
- 1 tsp. butter
- 1 small onion, chopped
- 1/2 tsp. minced garlic
- 1/4 tsp. paprika
- 1/2 tsp. salt
- 1/2 tsp. black pepper
- 1/2 tsp. Goya Adobo Seasoning or other seasonings to taste
- 2 cups frozen mixed vegetables
- 1 cup chicken broth
- 3 cups skinless chicken breast, chopped
- 2 Tbs flour
- 1/2 cup fat-free evaporated milk, divided
- 5 reduced-fat Pillsbury crescent rolls

Preheat oven to 375 degrees. Coat a 10-inch round shallow baking dish with Pam cooking spray. Set aside. Coat large pot with Pam cooking spray and add 1 tsp. butter. Melt over medium heat. Add onion and garlic and saute' for about 3 to 5 minutes, stirring frequently. Stir in paprika, salt, pepper, Adobo or other seasonings. Add vegetables, broth, and chicken. Cover and simmer for about 15 minutes. In a small cup, combine flour and 1/4 cup evaporated milk. Stir into chicken mixture. Cook over medium heat until thickened, stirring constantly. Stir in remaining 1/4 cup evaporated milk and cook until mixture is slightly thickened. Spoon chicken mixture into prepared baking dish. Unroll crescent rolls and arrange dough around inside edge of baking dish to form a border (there will be a hole in the middle.) Bake for 10 to 15 minutes until rolls are golden brown.

Total servings = 8

Serving size = 1

Points per serving = 3.5

This delicious recipe can be found on the website *Points In My Life*  
([www.pointsinmylife.com](http://www.pointsinmylife.com))