

Low-Point Mini Chicken Pot Pie

Ingredients:

- 1, 12.5 oz. can Swanson White Chicken Breast
- 1, 15 oz. can mixed vegetables, drained
- 1, can reduced fat Pillsbury Crescent Rolls (you will only use a few of these rolls. Bake fresh crescent rolls with the rest.)
- 1/2 cup chicken broth
- 2 1/2 tsp. cornstarch
- 1 Tbs chicken bouillon powder
- Goya Adobo seasoning (or desired seasonings to taste)
- pepper (or desired seasonings to taste)

Mix chicken, vegetables, chicken broth, cornstarch, bouillon and seasonings in a bowl. (I shook the cornstarch with a little bit of broth in a container first to dissolve it, then poured it in the chicken mixture). Spoon mixture into four mini casserole dishes or ramekins. Take a few of the crescent rolls and cut them into thin strips (about 1/2 inch wide) and long enough to fit the dishes lengthwise. Bake at 375 degrees for 10 to 12 minutes. Enjoy!

Total servings - 4

Serving size - 1

Points per serving - 3

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