

# Mini Chicken Pot Pies

Most people love chicken pot pie but its very time consuming to make. These mini pies are the perfect week night meal or appetizer for your next party. They are high in protein and much easier to prepare. Add your favorite frozen vegetables to save time.

## Ingredients:

1 pack whole wheat tortillas (about half for each tin)  
1 cup mixed frozen vegetables (corn, peas, carrots)  
(or use fresh)  
1 cup non fat Greek yogurt  
½ cup 1% milk fat cottage cheese  
2 cups shredded chicken breast  
1 tbsp onion powder  
1 tbsp garlic powder  
1 tsp ground mustard  
Salt and pepper to taste

### Dietitian Tip:

Serve these mini pies with a side salad to get an extra serving of greens!



## Directions:

1. Preheat oven to 375 degrees. Spray a muffin tin with cooking spray
2. In a large bowl, add frozen veggies, yogurt, cottage cheese, chicken and spices. Stir until evenly combined
3. Cut tortillas to size in order to fit into muffin pan. Cut a tortilla down the middle and put both ends in one muffin tin so the tips touch. Spray with oil. Bake for about 5 minutes.
4. Take out of oven and add mixture to each tin on top of tortilla
5. Bake for 10-15 minutes or until tortillas are golden brown and crispy

**Yield:** 12 servings (1 pie per serving)

**Nutrition Facts:** 80 Calories; 1 g Fat ( 0g Saturated Fat; 0 g Trans Fat); 20 mg Cholesterol; 105 mg Sodium; 7 g Carbohydrate ( 1 g Fiber, 2g Sugar, 0 g Added Sugar); 10g Protein; 0% Daily Value (DV) Vitamin D; 4% DV Calcium; 2% DV Iron; 4% DV Potassium