

Chicken Pot Pie

Ingredients:

- 2 cups of choice veggies (broccoli, cauliflower, mushrooms, spinach)
- IP Chicken A La King packet
- 2 egg whites
- Garlic powder
- Italian seasoning
- ¼ tsp of baking powder
- 4 oz. of pre-cooked chicken (optional)

Directions:

1. Partly cook veggies to soften.
2. Mix together the IP Chicken A La King packet, seasonings, and egg whites. Add water.
3. Mix with veggies and chicken and pour into casserole dish that has been sprayed with olive oil.
4. Bake at 350° for about 20 minutes until set.

Equals 2 cups of veggies, 1 IP packet, and optional protein.

