

## Turkey or Chicken Pot Pie

<http://www.ext.nodak.edu/extnews/newsrelease/2005/111005/03prairi.htm>

### Ingredients:

- 1 c. cut up cooked turkey or chicken
- 1 16-oz. bag frozen vegetables, thawed
- 1 10-oz. can reduced-fat condensed cream of chicken soup
- 1 c. biscuit mix (such as Bisquick)
- 1/2 c. low-fat milk
- 1 egg

### Directions:

- Preheat oven to 400 degrees. Stir turkey or chicken, vegetables and soup in an ungreased 2-quart casserole dish. Stir the remaining ingredients until blended. Pour over the turkey or chicken mixture. Bake uncovered about 30 minutes to an internal temperature of 165 degrees or until the crust is golden brown.

*Makes six servings. Each serving has 215 calories, 27 grams of carbohydrate, 5 grams of fat, 3 grams of fiber and 415 milligrams of sodium.*