

## Chicken Pot Pie

Prep Time 30-40min   Cook Time 20 min

### Ingredients:

2 Chicken breasts (cooked ahead, or cut from rotisserie chicken)  
2 md/lg carrots  
1/3 orange bell pepper  
1/3 red bell pepper  
½ yellow onion  
4 sm/md cloves garlic  
Filo dough  
Chicken stock  
Parmesan cheese  
Cheddar cheese  
Butter  
Butter spray  
Grapeseed oil  
Salt  
Pepper  
Herbs de Provence  
Thyme  
Oregano  
Nutmeg  
Italian seasoning

\*\*Potatoes can be added if desired. Boil and quarter 6 small sized red potatoes. I prefer to leave the skins on, but obviously you can peel them if you want to.

Preheat oven to 375 degrees.

Begin by chopping chicken breasts into large chunks. Then chop carrots, onion, and peppers; try to chop all veg approximately the same size. Finely chop or mince garlic cloves. Add all chopped veg and garlic to a frying pan with 1 T. butter and 1 T. Grapeseed oil. The oil in the pan helps to keep the butter from burning. To veg mixture, add a large pinch of salt, 8-10 cracks of fresh ground peppercorns, 2-3 tsp of Herbs de Provence, large pinch of Thyme, small pinch of Oregano, and approx. ¼ cup of chicken stock. Sauté until all veg are softened.

In a saucepan add ½ cup low sodium chicken stock and 2 T butter. After butter has melted into the stock, whisk in 1T of flour. Once the sauce has thickened, whisk in approx. 1/3 cup of milk. Remove from heat and grate in ¼ cup each of parmesan and cheddar. Put pan back on burner and whisk until well combined and smooth.

Grate in approx.  $\frac{1}{4}$  tsp fresh nutmeg, add several cranks of fresh ground pepper, a small pinch of sea salt, and 1-2 tsp Italian seasoning (to taste; personal preference). Whisk in all seasonings until well combined.

Add chopped, cooked chicken breasts into veg mix in frying pan (no heat), and pour sauce over. Combine well and dump filling into a buttered pie dish. Top filling with 6 sheets of filo dough; Make two layers (3 sheets each) one vertical and one horizontal. Spray butter spray between the two layers of filo dough. Gather and tuck excess filo dough around the edges. Spray top of dough with butter spray and cut a small X into center.

Put pot pie into a 375-degeree oven for 20 minutes, or until filo dough is golden brown.