

Re-Invented Turkey Potpie

Serves: 5



Ingredients

- 4 sheets phyllo dough
- Non-stick pan spray
- 2 tsps extra virgin olive oil
- 4 cloves minced garlic (about 1 Tbsp)
- 2 cups sliced mushrooms
- 1 small sweet potato, peeled and diced (about 1 cup)
- 2 parsnips, peeled and diced (about 2 cups)
- 1 Tbsp dried thyme
- 1 15-oz can low-sodium chicken broth
- 1 cup frozen pearl onions, thawed
- 1 cup frozen mixed vegetables, thawed
- 1/2 pound cooked turkey breast meat, diced
- 1/2 cup milk
- 2 Tbsps cornstarch
- 1/4 tsp each salt and black pepper

Method

1. Preheat oven to 400°F. Line a 2-quart casserole dish with one layer of phyllo dough. Lightly spray with pan spray and repeat with another sheet. Let dough fall over pan edges and set aside.
2. Prepare filling: heat oil in large skillet over medium-high heat. Add garlic and mushrooms, and sauté for 2 minutes. Add remaining fresh vegetables, thyme and broth. Cook 8 minutes or until almost tender. Add turkey and frozen vegetables, stir to mix and bring back to low simmer.
3. In separate bowl, mix the milk with cornstarch until dissolved. Add to vegetable mixture, simmer until thickened. Season with salt and pepper.
4. Pour mixture into prepared casserole dish. Cover with single layer of phyllo dough, spray with pan spray and repeat with second sheet. Fold excess dough over the top of the pie. Bake for 20-25 minutes until crust is golden brown. Let pie sit for 10 minutes before serving.

Per serving: 259 calories, 21g protein, 36g carbohydrate, 6g fiber, 4g fat (1g sat, 3g mono/poly), 288mg sodium



Seasoned Cook

When working with phyllo dough, remove the sheets you need for the immediate task and wrap up the excess so it doesn't dry out. Potpie is designed to use the odds and ends from your refrigerator, so feel free to substitute the vegetables for what you have on hand. Consider color and texture to keep this comfort food as one of your family's favorites.