

## Chicken and Broccoli Pie

### Ingredients:

- 2 chicken breast halves without skin
- 20 ounces broccoli, frozen
- 1 onion
- 8 ounces cheddar cheese, low-fat
- 1 1/3 cups milk, 1% low-fat
- 1 egg
- 3/4 cup prepared baking mix

### Directions

1. Preheat oven to 350°F. Spray a 9 x 9 baking dish with cooking spray. Set aside.
2. Chop cooked chicken breasts into bite size pieces and place in cooking dish in an even layer. Wash cutting board, knife and hands after handling raw chicken.
3. Thaw broccoli and add to baking dish.
4. Cut the ends off of the onion, and peel off the brown layers. Cut the onion in half lengthwise, and place the flat side on the cutting board. Slice across the onion, from one side to the other, then lay the slices on their side, and slice from the widest side to the smallest, across the onion. Chop up any large pieces. Sprinkle on top of broccoli.
5. Use a grater and grate cheese into small pieces. Sprinkle on top of broccoli.
6. Pour baking mix into small bowl.
7. Crack the egg into a glass and check for shells and freshness. if it is OK, add to bowl.
8. Add milk to bowl, and mix well. Pour over top of chicken mixture. Cook for 30 minutes until top is golden brown.

### Equipment:

- Cutting board
- Knife
- 9 x 9 baking dish
- Measuring cups
- Grater
- Mixing bowl

Number of Servings: 6  
 Prep Time: 15 minutes  
 Total Time: 45 minutes

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### Nutrition Facts

Serving Size: 1/6 of pie	
Servings: 6	
<b>Amount Per Serving</b>	
<b>Calories 235</b>	<b>Calories from Fat 63</b>
<b>%Daily Value*</b>	
<b>Total Fat 7g</b>	<b>11%</b>
Saturated Fat 2g	12%
<b>Cholesterol 68mg</b>	<b>23%</b>
<b>Sodium 494mg</b>	<b>21%</b>
<b>Total Carbohydrate 19g</b>	<b>6%</b>
Dietary Fiber 4g	14%
<b>Protein 25g</b>	<b>50%</b>
Vitamin A 44%	Vitamin C 92%
Iron 9%	Calcium 31%
<small>*Percent Daily Values are based on a 2,000 calorie diet.</small>	

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