EASY HIGH PROTEIN RECIPES

CHICKEN POT PIE PLANNER

One-crust, rotisserie chicken version | Serves 6 | 400 F oven

INGREDIENT SHOPPING CHECKLIST

- [ ] 3 cups cooked shredded chicken (rotisserie is fine)
- [ ] 2 cups frozen mixed vegetables (do not need to thaw)
- [ ] 1 refrigerated 9-inch pie crust (top crust only)
- [ ] 3 tbsp unsalted butter + 1 small diced onion
- [ ] 1/3 cup all-purpose flour + 1 3/4 cups low-sodium broth
- [ ] 3/4 cup milk + 1 tsp dried thyme + black pepper
- [ ] Optional: 1 beaten egg for golden egg wash

THE SIX-STEP PLAN

- [ ] 1 Heat oven to 400 F; grease a deep 9-inch or 2-quart baking dish.
- [ ] 2 Saute onion in butter until soft. Stir in flour for 1 minute.
- [ ] 3 Whisk in broth, then milk. Simmer to a thick, spoon-coating sauce.
- [ ] 4 Stir in fully cooked chicken, frozen vegetables and thyme.
- [ ] 5 Cover with one crust; cut steam vents; brush with egg if using.
- [ ] 6 Bake about 30-35 min until golden and center reaches 165 F.

FILLING + CRUST CHECK

- [ ] Filling holds a line on the spoon before going into the dish.
- [ ] Crust has steam slits; edges are protected if browning too fast.
- [ ] Check 165 F in the center of the casserole using a thermometer.
- [ ] Rest 10-15 minutes before scooping; filling thickens as it cools.

FOOD SAFETY

Refrigerate within 2 hours (1 hour above 90 F).

Use refrigerated cooked-chicken leftovers within 3-4 days; reheat to 165 F.

Cooking time is approximate; thermometer reading takes priority. USDA / FDA food-safety guidance.