

Lighter Chicken Pot Pie with Phyllo Dough {Dairy Free}

Yield: 4 min
Total Time: 40 min

Recipe from: <https://www.recipeschoose.com/recipes/turkish-phylo-dough-recipe>

Ingredients:

- 2 carrots diced
- 1 parsnip diced
- 1 onion diced
- 2 cloves garlic minced
- 2 tablespoons fresh thyme minced
- 1 tablespoon fresh sage minced
- 1 teaspoon poultry seasoning dried
- 1/2 teaspoon salt
- 1/2 teaspoon pepper
- 2 tablespoons whole wheat flour white, or all purpose
- 32 ounces chicken broth low sodium
- 2 cups frozen green peas
- 1 rotisserie chicken skin removed, breast meat shredded
- 8 sheets phyllo dough thawed
- 2 tablespoons olive oil

Nutrition:

1. Calories: 540 calories
2. Carbohydrate: 48 grams
3. Cholesterol: 400 milligrams
4. Fat: 20 grams
5. Fiber: 8 grams
6. Protein: 43 grams
7. SaturatedFat: 4.5 grams
8. Sodium: 780 milligrams
9. Sugar: 7 grams

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