**Deanna’s Chicken Pot Pie Recipe Makeover**

Serves 4 / Serving size: 2 cups

Smartpoints per serving: ⑤ ③ ②

Smartpoints before makeover: 88! (Paula Deen!)

Cooking spray

1 pound boneless, skinless chicken breast,

cut into ½-inch cubes

6 teaspoons poultry seasoning\*, divided

1 cup chopped potatoes (½-inch cubes)

1 cup chopped onion

1 cup chopped carrots

1 cup chopped celery

1 cup quartered mushrooms

2 teaspoons garlic, minced

1 teaspoon salt

½ teaspoon ground black pepper

1/3 cup flour

2 cups fat-free chicken broth

1 cup unsweetened cashew milk

1 cup chopped broccoli or green beans

1 cup frozen pearl onions

½ cup frozen green peas

1/3 cup fat-free plain Greek yogurt

3 sheets phyllo dough, thawed, such as Athens

Preheat oven to 350°. Coat 4 individual baking dishes with cooking spray.

Sprinkle the chicken pieces with 2 teaspoons of poultry seasoning. Heat a large skillet over medium-high heat, spray with cooking spray and cook the chicken for 3 minutes, turning once. Transfer the chicken to a plate.

Respray the pan and add the potatoes, onions, carrots, celery, mushrooms, garlic and 3 teaspoons poultry seasoning, sprinkle with salt and pepper and cook for 3 minutes, stirring constantly.  Sprinkle in the flour and cook, stirring constantly for 1 minute.  Add the broth, stirring well to incorporate the flour, scraping bottom of pan to release any bits.  Add the cashew milk, broccoli or beans, and pearl onions. Bring to a boil.  Reduce heat to medium-low, cover pan and simmer, stirring occasionally for 10 minutes. Remove from heat and add the reserved chicken, peas, and yogurt, combining well. Spoon mixture into prepared baking dishes.

​​Unroll the phyllo dough and cut it into quarters.  Place a quarter sheet on top of each baking dish and spray lightly with cooking spray.  Sprinkle evenly with remaining 1 teaspoon poultry seasoning.  Repeat with remaining pastry sheets, layering 3 sheets total per dish.  Tuck the remaining pastry into the dish rim.  Spray the tops lightly with cooking spray and place dishes on a baking sheet.  Bake until filling is bubbling and the tops are golden brown, about 30 minutes.

\*Note: To make poultry seasoning, combine 2 teaspoons sage, 1 teaspoon thyme, 1 teaspoon marjoram, 1 teaspoon rosemary and 1 teaspoon tarragon.

[*From the Kitchen of Deanna Cichon*](http://www.deannathechef.com/)