

Turkey Potpie

Ingredients

Filling:

3 tsp olive oil, divided
1 cup frozen pearl onions, thawed
1 cup peeled baby carrots
10oz cremini mushrooms, halved
2 ½ cups reduced-sodium chicken broth, divided
¼ cup cornstarch
2 ½ cups diced cooked turkey
1 cup frozen peas, thawed
¼ cup reduced fat sour cream
¼ tsp salt
Freshly ground pepper, to taste

Biscuit Topping:

¾ cup whole-wheat pastry flour
¾ all-purpose flour
2 tsp sugar
1 ¼ tsp baking powder
½ tsp baking soda
½ tsp salt
1 tsp dried thyme
1 ½ tbsp cold butter, cut into small pieces
1 cup nonfat buttermilk
1 tbsp canola oil

Preparation

1. To prepare filling: Heat 1 tsp oil in a large skillet or Dutch oven over medium-high heat. Add onions and carrots; cook, stirring, until golden-brown and tender, about 7 minutes. Transfer to a bowl. Heat the remaining 2 tsp oil in the pan over medium-high heat. Add mushrooms and cook, stirring often, until browned and their liquid has evaporated, 5 to 7 minutes. Return the onions and carrots to the pan. Add 2 cups broth and bring to a boil; reduce heat to simmer. Mix cornstarch with the remaining ½ cup broth; add to the pan and cook, stirring until the sauce thickens. Stir in turkey, peas, sour cream, salt and pepper. Transfer the filling to a 2-qt baking dish.
2. To prepare biscuit topping & bake potpie: Preheat oven to 400°F. Whisk whole-wheat flour, all-purpose flour, sugar, baking powder, baking soda, salt and thyme in a large bowl. Using your fingertips or 2 knives, cut butter into the dry ingredients until crumbly. Add buttermilk and oil; stir until just combined. Drop the dough onto the filling in 6 even portions. Set the baking dish on a baking sheet.
3. Bake the potpie until the topping is golden and the filling is bubbling, 30 to 35 minutes. Let cool for 10 minutes before serving. Serves 6.



Nutrition (per serving)

403 calories
12g fat (4g sat, 4g mono)
64mg cholesterol
46g carbohydrates
29g protein
4g fibre
667mg sodium
427mg potassium

Nutrition Bonus:
Vitamin A (70% daily value)
Fibre (16% daily value)

Source: www.eatingwell.com