

# Healthy Recipe of the Week

Use Organic ingredients whenever possible.

## Southwest Chicken Pot Pie

From *Robin Rescues Dinner* by Robin Miller

Serves 4

1 tablespoon olive oil  
½ cup diced onion  
1 green bell pepper, seeded and chopped  
4 boneless, skinless chicken breasts, chopped (or 4 cups cubed cooked chicken)  
3 garlic cloves, minced  
2 teaspoons chili powder  
1 teaspoon ground cumin  
1 cup fresh or frozen corn kernels  
1 14-ounce can diced tomatoes  
1 ½ cups chicken broth (Make sure to look for one without MSG. Organic is Best!)  
¼ cup chopped fresh cilantro  
Salt and freshly ground black pepper  
1 9-inch refrigerated pie crust\*\*  
½ cup shredded cheddar cheese

1. Preheat the oven to 375 °F.
2. Heat the oil in a large skillet over medium-high heat. Add the onion, bell pepper, garlic and chicken (if you are using pre-cooked chicken add it with the broth and other ingredients) and cook for 6-8 minutes, until the vegetables are soft and the chicken is cooked through. Add the chili powder and cumin and cook for 1 minute, until the spices are fragrant. Add the corn, tomatoes, and chicken broth and bring to a simmer. Simmer for 5 minutes. Remove from the heat and stir in the cilantro. Season to taste with salt and pepper.
3. Transfer the chicken mixture to a 9-inch pie plate. Unroll the pie crust and place over the chicken mixture. Using a fork or knife, make several holes or slits in the surface of the crust to allow steam to escape during baking. Top the crust with the cheddar cheese.
4. Bake for 15-20 minutes, until the crust is golden brown and the cheese is bubbly. Let cool slightly before serving.

\*\* I like to use the organic whole wheat pie crust from *Wholly Wholesome*. It is in the freezer section and would need to be thawed for this recipe. If your grocery store doesn't carry it, request it.

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