

Chicken and Root Vegetable Pot Pie

- 2 tablespoons butter
- 3 stalks celery, chopped
- 2 carrots, chopped
- 1 package boneless, skinless chicken breasts, (about 3 half breasts) cut into bite sized pieces
- 3 cups fat free, reduced sodium chicken broth
- 1 1/2 cups frozen peas
- 1 cup (1/2 inch) cubed, peeled potatoes
- 1 cup (1/2 inch) cubed, peeled sweet potatoes
- 1 cup (1/2 inch) slices parsnips
- 1 (10-ounce) package frozen pearl onions
- 3 tablespoons butter
- 3 tablespoons olive oil
- 10 tablespoons flour (1/2 cup + 2 tablespoons)
- 1 1/2 cups milk
- 1/4 cup chopped fresh parsley
- 2 tablespoons fresh thyme leaves
- 2 teaspoons salt
- 1 teaspoon freshly ground black pepper
- 1 sheet frozen puff pastry, thawed

In a large Dutch oven or stock pot, sauté celery, carrots and chicken in butter until just tender and chicken is almost cooked through. Add chicken broth, peas, potatoes, sweet potatoes, parsnips and pearl onions. Bring to a boil, cover and reduce heat and simmer for 10 minutes. In a small saucepan, melt butter and olive oil. Whisk in the flour and cook for 1 minute. Whisk in the milk. Bring to a boil and cook until thickened, whisking constantly. When potatoes are just tender, push the vegetables aside to make a hole in the middle of the pot. Whisk the flour mixture into the liquid, then use a silicone scraper to gently stir the mixture. Add the parsley, thyme, salt and pepper. Spoon into a 9" x13" baking dish sprayed with cooking spray. Sprinkle a little flour on a work surface and roll puff pastry dough into a 10" x 14" rectangle. Place dough over chicken mixture, pressing to seal at edges of dish. Cut small slits into dough to allow steam to escape. Place dish on a foil-lined baking sheet. Bake at 400 degrees for 16-20 minutes or until pastry is browned.