

CHICKEN POT PIE

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| INGREDIENTS | <u>½ cup all-purpose flour</u> | <u>1 teaspoon poultry seasoning</u> |
| <u>3 tablespoons butter</u> | <u>3 cups chicken broth, no salt added*</u> | <u>2 tablespoons fresh tarragon, chopped</u> |
| <u>½ cup yellow onion, diced</u> | <u>¼ cup milk (2%)</u> | <u>2 tablespoons fresh parsley, chopped</u> |
| <u>2 cloves garlic, minced</u> | <u>3 cups cooked chicken</u> | <u>1 store-bought 9-inch pie shell, frozen</u> |
| <u>1 cup frozen peas</u> | <u>¼ teaspoon ground black pepper</u> | <u>1 egg, whisked</u> |
| <u>1 cup frozen corn kernels</u> | <u>1 teaspoon garlic powder</u> | |

* Look for low or reduced-sodium broth containing 200mg sodium or less per 1 cup serving. Avoid low-sodium broth that contains potassium chloride—it's very high in potassium.

PREPARATION

- 1 Preheat oven to 425°F.
- 2 In a large saucepan, heat the butter over medium heat. Add the onion and garlic and sauté until the onions begin to soften. Add peas and corn and continue to sauté.
- 3 Add the flour to the vegetables and stir to coat.
- 4 Add the chicken broth and milk to the floured vegetables. Stir to dissolve all the flour particles.
- 5 Add the cooked chicken and dry spices and simmer until the sauce thickens.
- 6 Turn off the heat and stir in the fresh tarragon and parsley.
- 7 Pour the chicken mixture into a 9-inch casserole dish and place the pie shell on top. Brush with whisked egg to obtain a golden crust.
- 8 Bake at 425°F for approximately 30 minutes.

SUGGESTIONS

- ✓ You can also make this recipe in individual ramekins. The cooking time will be the same.
- ✓ You may want to prepare the pot pie and freeze it for future use.
- ✓ To cook from frozen, preheat oven to 400°F. Cover the pot pie with aluminum foil and bake for 40 minutes. After 40 minutes, remove the foil and continue to bake for another 35 minutes.



CHICKEN POT PIE



| Nutrient Analysis | |
|---|-------|
| PER SERVING | |
| ½ of recipe | |
| Renal/Diabetic Exchanges: | |
| 3 Meat + 2 Starch + 1 Lower-Potassium Vegetable | |
| Calories | 386 |
| Protein | 28g |
| Total Carbohydrate | 31g |
| Fiber | 3g |
| Sugars | 3g |
| Fat | 17g |
| Saturated | 8g |
| Cholesterol | 101mg |
| Sodium | 275mg |
| Potassium | 418mg |
| Phosphorus | 240mg |
| Calcium | 58mg |
| Iron | 2mg |
| Magnesium | 38mg |
| Vitamin C | 9mg |

| Diet Types | |
|--|---|
| <input checked="" type="checkbox"/> CKD Non-Dialysis | <input checked="" type="checkbox"/> Dialysis/Diabetes |
| <input checked="" type="checkbox"/> Dialysis | <input type="checkbox"/> Transplant |

POTASSIUM CHECK ✓

How to prevent potassium levels from getting too high

Potassium supports cell function in your body. Typically potassium comes from the food that you eat and any extra is eliminated in urine by your kidneys. With hyperkalemia, your blood potassium level becomes too high, putting you at risk for nausea, muscle weakness and potentially serious heart problems.

Finding out the cause of hyperkalemia is important, and treatment often involves changes in diet and medication. Aim for an average of 2,000mg of potassium per day by reading the **Nutrition Facts** label on the packaged and canned foods in your diet. Avoid salt substitutes, which are usually rich in potassium chloride, and reduce high-potassium foods.

Your doctor may evaluate the medications you are taking and recommend changes to lower potassium. Never reduce the dose of medications on your own without talking to your doctor. Common adjustments your doctor may make to your prescribed medications may be adding or limiting diuretics, decreasing or modifying any oral potassium supplements and adjusting heart or blood pressure medications that may increase the potassium in your blood.

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