

**RECIPE: CHICKEN POT PIE**

**BAKING**

All-purpose flour, 2.51 oz.

Whole-wheat flour, 2.14 oz.

**CHEESE**

Grated parmesan cheese, 0.45 oz.

**DAIRY**

Low fat milk, 1.5 fl oz.

Half & half cream, 8 fl oz.

**POULTRY**

Chicken breast, 10 oz.

**SPICES & SEASONINGS**

Sea salt, 1 pinch

Cayenne pepper, 0.5

Pepper

**VEGETABLES**

Carrot, 1

Garlic, 3 cloves

Leek, 1

Portobello mushrooms, 3.07 oz.

Peas, 5.18 oz.

Yam, 1

Fresh dill, 0.01 oz.

Fresh parsley, 0.54 oz.

**MISCELLANEOUS**

Buttery Spread (suggested brand: Smart Balance), 7 tbsp.

Low sodium chicken broth, 2 cup

Spray butter