

Chicken

Alfredo Chicken Pot Puff Pies

Betty Crocker Best-Loved Casseroles

Servings: 4

Preparation Time: 20 minutes

Start to Finish Time: 55 minutes

1 sheet frozen puff pastry (from 17.3 oz package), thawed

1 tablespoon butter

2 tablespoons shallots, finely chopped

2 cups cooked chicken, chopped

2 cups frozen peas and carrots

1 jar (16 oz) Alfredo pasta sauce

1 teaspoon dried thyme leaves

1 egg, beaten

Preheat oven to 400 degrees.

Lightly spray four 10-ounce custard cups or ramekins with cooking spray.

On a lightly floured surface, roll puff pastry to a 13-inch square. Cut into four squares. Lightly press one square into the bottom and up the side of each custard cup, letting the corners hang over the side.

In a 10-inch skillet, melt the butter over medium heat. Cook the shallots about 3 minutes, stirring occasionally, until softened. Add the chicken, peas & carrots and Alfredo sauce. Cook 3 to 4 minutes longer, stirring occasionally, until vegetables are thawed and mixture is hot. Sprinkle with thyme; stir well.

Spoon chicken mixture into pastry-lined cups. Fold corners of pastry over filling, pinching to almost close tops. Brush pastry tops with egg.

Bake 25 to 30 minutes or until pastry is deep golden brown. Let stand 5 minutes. Serve in cups, or remove to individual serving plates.

Per Serving (excluding unknown items): 206 Calories; 8g Fat (33.1% calories from fat); 26g Protein; 9g Carbohydrate; 2g Dietary Fiber; 120mg Cholesterol; 157mg Sodium. Exchanges: 1/2 Grain(Starch); 3 1/2 Lean Meat; 0 Vegetable; 1/2 Fat.