

# Leftover Turkey Pot Pies

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## Servings: 4

*4 tablespoons unsalted butter  
1 small onion, chopped  
2 medium carrots, peeled and thinly sliced  
1 rib celery, thinly sliced  
Kosher salt  
black pepper  
4 tablespoons all-purpose flour  
2 1/2 cups chicken or turkey broth, warmed  
1/4 cup heavy cream  
3/4 teaspoon dried thyme  
1 1/2 cups cooked, shredded, skinless turkey meat  
1/2 cup frozen peas  
2 tablespoons chopped parsley  
1 sheet frozen puff pastry, thawed  
1 large egg*

## Preparation Time: 30 minutes

Preheat the oven to 375 degrees.

Line a rimmed baking sheet with foil.

Warm the butter in a large saucepan over medium heat. Add the onion, carrot and celery. Sprinkle with salt and pepper. Cook, stirring occasionally, until tender but not browned, 10 minutes.

Sprinkle the flour over the vegetables. Cook for 3 minutes, stirring frequently. Whisk in the broth and cream. Add the thyme. Bring to a simmer. Reduce the heat to medium-low and simmer about 8 minutes until the mixture is thickened. Taste and season with salt and pepper.

Remove from the heat. Stir in the turkey, peas and parsley. Divide the mixture among four eight-ounce ramekins. Place the ramekins on the baking sheet.

Place the puff pastry on a lightly floured work surface. Slice into four four-inch squares and place over the ramekins. In a small bowl, whisk the egg with one tablespoon of water. Brush the pastry with the egg mixture.

Bake until the pastry is deep gold and the filling bubbles, about 35 minutes. Let stand for 5 minutes and serve.

Start to Finish Time: 1 hour 10 minutes

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Per Serving (excluding unknown items): 243 Calories; 19g Fat (67.4% calories from fat); 5g Protein; 16g Carbohydrate; 3g Dietary Fiber; 104mg Cholesterol; 68mg Sodium. Exchanges: 1/2 Grain(Starch); 0 Lean Meat; 1 Vegetable; 0 Non-Fat Milk; 3 1/2 Fat.

Turkey

## Per Serving Nutritional Analysis

Calories (kcal):	243	Vitamin B6 (mg):	.1mg
% Calories from Fat:	67.4%	Vitamin B12 (mcg):	.2mcg
% Calories from Carbohydrates:	25.2%	Thiamin B1 (mg):	.2mg
% Calories from Protein:	7.4%	Riboflavin B2 (mg):	.2mg
Total Fat (g):	19g	Folacin (mcg):	45mcg
Saturated Fat (g):	11g	Niacin (mg):	1mg
Monounsaturated Fat (g):	5g	Caffeine (mg):	0mg
Polyunsaturated Fat (g):	1g	Alcohol (kcal):	0
Cholesterol (mg):	104mg	% Refused:	0.0%
Carbohydrate (g):	16g		
Dietary Fiber (g):	3g		
Protein (g):	5g		
Sodium (mg):	68mg		
Potassium (mg):	268mg		
Calcium (mg):	51mg		
Iron (mg):	2mg		
Zinc (mg):	1mg		
Vitamin C (mg):	12mg		
Vitamin A (i.u.):	11092IU		
Vitamin A (r.e.):	1224 1/2RE		

## Food Exchanges

Grain (Starch):	1/2
Lean Meat:	0
Vegetable:	1
Fruit:	0
Non-Fat Milk:	0
Fat:	3 1/2
Other Carbohydrates:	0

## Nutrition Facts

Servings per Recipe: 4

### Amount Per Serving

Calories 243      Calories from Fat: 163

### % Daily Values\*

<b>Total Fat</b>	19g	29%
Saturated Fat	11g	55%
<b>Cholesterol</b>	104mg	35%
<b>Sodium</b>	68mg	3%
<b>Total Carbohydrates</b>	16g	5%
Dietary Fiber	3g	12%
<b>Protein</b>	5g	
<b>Vitamin A</b>		222%
<b>Vitamin C</b>		20%
<b>Calcium</b>		5%
<b>Iron</b>		9%

\* Percent Daily Values are based on a 2000 calorie diet.