



Muffin Pan Chicken Pot Pies



1/12 of recipe (1 pie): 97 calories, 3g total fat (1g sat. fat), 213mg sodium, 10.5g carbs, 0.5g fiber, 2g sugars, 5.5g protein

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Prep: 15 minutes **Cook:** 15 minutes



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Ingredients

1/2 cup chicken or turkey gravy
2 tbsp. whipped cream cheese
1/4 tsp. garlic powder
1/8 tsp. [poultry seasoning](#)
6 oz. cooked and chopped skinless chicken breast
1 1/4 cups frozen petite mixed vegetables, slightly thawed
1 package [refrigerated Pillsbury Original Crescent Dough Sheet](#)

Directions

Preheat oven to 375°F. Spray a 12-cup muffin pan with nonstick spray.

In a medium bowl, combine gravy, cream cheese, and seasonings. Mix until uniform. Add chicken and vegetables, and stir to coat.

Roll or stretch out dough into a large rectangle of even thickness, at least 12" X 9". Evenly cut dough into 12 squares. Place each square in a muffin cup, and press it into the bottom and up along the sides.

Evenly distribute mixture among the cups, about 1/4 cup each, and firmly pack it in.

Bake until dough is firm and golden brown and filling is hot, about 15 minutes.

MAKES 12 SERVINGS

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