



Hungry Chick Shepherd's Pie



1/4th of pie: 280 calories, 1.75g total fat (0.5g sat. fat), 576mg sodium, 36.5g carbs, 6g fiber, 7g sugars, 26.5g protein

Prep: 30 minutes **Cook:** 1 hour

More: [Lunch & Dinner Recipes](#), [Four or More Servings](#)



Ingredients

1 cup instant mashed potato flakes
3 cups frozen cauliflower florets
1/2 tbsp. light whipped butter or light buttery spread
2 dashes each salt and black pepper
12 oz. raw boneless skinless chicken breast cutlets
4 cups frozen mixed vegetables
One 8-oz. can sliced mushrooms, drained
1/2 cup fat-free chicken gravy
Optional seasonings: garlic powder, onion powder, paprika

Directions

Preheat oven to 375 degrees. Spray an 8-inch by 8-inch baking pan with nonstick spray.

In a large microwave-safe bowl, thoroughly mix potato flakes with 1 1/2 cups hot water. Add cauliflower and mix well. Cover and microwave for 3 minutes, or until potatoes have thickened and cauliflower is hot. Thoroughly mash. Mix in butter and a dash each salt and pepper.

Bring a large skillet sprayed with nonstick spray to medium-high heat. Add chicken and sprinkle with remaining dash each salt and pepper. Cook for 6 to 8 minutes per side, until cooked through. Set aside to cool.

Microwave frozen mixed veggies in a large microwave-safe bowl for 5 to 6 minutes, until thawed. Drain excess liquid and stir in mushrooms. Evenly transfer to the baking pan.

Chop chicken into bite-sized pieces. In the large bowl used to thaw the veggies, toss to coat chicken with gravy. Evenly distribute gravy-coated chicken over the veggies.

Evenly spoon potato-cauliflower mixture over the chicken, and smooth out the surface.

Bake until top is slightly browned, about 35 minutes. Dig in!

MAKES 4 SERVINGS

We may receive affiliate compensation from some of these links. Prices and availability are subject to change.

We may have received free product samples, which in no way influences whether these products are reviewed favorably, unfavorably, mentioned with indifference, or mentioned at all. Click for more about our [editorial](#) and [advertising](#) policies.

*The WW Points® values for these products and/or recipes were calculated by Hungry Girl and are not an endorsement or approval of the product, recipe or its manufacturer or developer by WW International, Inc., the owner of the Points® trademark. For those on the Diabetic Plan, values may vary.

Questions on the WW Points® values listed? [Click here.](#)

Hungry Girl provides general information about food and lifestyle. This information and any linked materials are not intended and should not be construed as medical advice, nor is the information a substitute for professional medical expertise or treatment. [Click here](#) for more information.

