



Quick-Fix Crustless Chicken Pot Pie



Entire recipe: 228 calories, 2g total fat (0.5g sat fat), 510mg sodium, 22.5g carbs, 4.5g fiber, 7g sugars, 26.5g protein

Green Plan [SmartPoints](#)® value 7*

Blue Plan (Freestyle™) [SmartPoints](#)® value 1*

Purple Plan [SmartPoints](#)® value 1*

Prep: 5 minutes **Cook:** 5 minutes



Tagged: [Lunch & Dinner Recipes](#), [Single Serving](#), [5 Ingredients or Less](#), [30 Minutes or Less](#)

Ingredients

1 1/2 cups frozen petite mixed vegetables
3 oz. cooked and chopped skinless chicken breast
1/4 cup fat-free or nearly fat-free chicken or turkey gravy
Optional seasonings: garlic powder, onion powder

Directions

Place frozen veggies in a medium microwave-safe bowl. Microwave for 3 minutes, or until hot. Blot away excess liquid.

Mix in chicken and gravy. Microwave until hot, about 1 minute. Yum!

MAKES 1 SERVING

[SmartPoints](#)® value* not what you expected? We follow the same method as Weight Watchers when calculating recipe values: We add up the [SmartPoints](#)® values* of the individual ingredients using the Recipe Builder. (Many foods have a value of zero and remain zero in recipes.)

*The [SmartPoints](#)® values for these recipes were calculated by Hungry Girl and are not an endorsement or approval of the product, recipe or its manufacturer or developer by Weight Watchers International, Inc., the owner of the [SmartPoints](#)® trademark.