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Low FODMAP Chicken Pot Pie



This is it! Our Low FODMAP Chicken Pot Pie is a Family Favorite!

Course: Dinner, Main Course

Cuisine: American

Prep Time: 15 minutes

Cook Time: 1 hour

Total Time: 1 hour 15 minutes

Makes: 8 Servings

Calories: 506 kcal

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Ingredients:

- 4 cups (560 g) cubed or shredded cooked chicken, white or dark meat, or a combo, at room temperature
- 1/2 cup (75 g) frozen peas; no need to defrost
- 1 pound (455 g) diced peeled potatoes; I like Yukon gold
- 2 medium carrots, trimmed, peeled and diced
- 1/2 cup (113 g; 1 stick) unsalted butter, cut into pieces
- 1/2 cup (36 g) chopped leeks, green parts only
- 1/4 cup (16 g) chopped scallions, green parts only
- 4- ounces (115 g) trimmed oyster mushrooms, chopped
- 1/2 teaspoon dry rubbed sage
- 1/2 teaspoon dried thyme
- 1/2 cup (73 g) low FODMAP gluten-free all-purpose flour
- 2 1/2 cups (600 ml) low FODMAP Chicken Stock
- Kosher salt
- Freshly ground black pepper
- 1 half batch Low FODMAP All-Butter Pie Crust, rolled out, unbaked

Preparation:

1. Preheat oven to 425°F (220°C). Coat a 9 1/2-inch (24 cm) deep-dish pie plate with nonstick spray and place on a rimmed baking sheet pan to catch drips.
2. Place leftover chicken and peas in a large mixing bowl; set aside.
3. Bring a large pot of water to a boil. Add potatoes and carrots and simmer until just tender, about 8 minutes. Drain well and add to bowl holding chicken.
4. In a large skillet, heat butter over low-medium heat until melted. Add leeks and scallions and sauté until beginning to soften, then stir in the mushrooms. Continue

to sauté until mushrooms have softened as well. Whisk in sage and thyme and cook for about 30 seconds, then whisk in the flour.

5. Cook, whisking often, for about a minute to remove raw flavor of flour. Slowly whisk in the stock and cook, whisking often, until gravy is thick and smooth, about 2 minutes. Taste and adjust seasoning as desired.
6. Scrape over chicken and vegetables and fold everything together very well to evenly combine. Scrape into prepared pan.
7. Prepare our Low FODMAP All Butter Pie Crust as directed in that recipe and roll out dough on a lightly floured surface into a large circle about $\frac{1}{4}$ -inches thick (6 mm). Cut into an 11-inch (28 cm) round and transfer to the top of the pie. Tuck the edges under and crimp so that it is just covering the filling. Create 4 slashes in the top of the pie as shown in the images.
8. Bake for about 40 to 45 minutes or until is light golden brown and filling is bubbling. Let stand 5 minutes before serving. Our Low FODMAP Chicken Pot Pie is best served freshly baked.

Notes:

Tips

- When we make our low FODMAP Chicken Pot Pie we often double the recipe, make two pies, and freeze one of the pies after arranging the raw crust on the top. Our low FODMAP Chicken Pot Pie freezes well. Simply remove from freezer as oven preheats to 425°F (220°C), bake for 30 minutes, then reduce temperature to 350°F (180°C) and continue baking for about an hour or until the crust is golden brown and an instant read thermometer inserted into the center of the filling registers 165°F (74°C).
- You can also use cooked turkey. This is a great dish to make post-Thanksgiving or Christmas if you have leftover turkey.

FODMAP Information

Our recipes are based on Monash University and FODMAP Friendly science.

- **Butter:** Both Monash University and FODMAP Friendly have lab tested butter. Monash states that a low FODMAP Green Light portion is 1 tablespoon or 19 g and also states that "butter is high in fat and does not contain carbohydrates (FODMAPs)". FODMAP Friendly gives it a "Pass" at 1 tablespoon or 19 g. Both recommended serving sizes are presented as part of healthy eating guidelines, not as maximum FODMAP serving size. Fat can affect gut motility and trigger IBS symptoms in some people. Eat to your tolerance.
- **Carrots:** Carrots have been lab tested and deemed low FODMAP by both Monash University and FODMAP Friendly. According to Monash carrots contain no FODMAPs.
- **Leeks:** The green parts of leeks are low FODMAP as determined by Monash University lab testing and can be used to add onion flavor to your low FODMAP cooking.
- **Potatoes:** Potatoes have been lab tested and deemed low FODMAP by both Monash University and FODMAP Friendly. According to Monash, starchy baking potatoes, red-skinned, yellow-skinned and purple potatoes contain no FODMAPs.

- **Scallions:** The green parts of scallions are low FODMAP as determined by Monash University lab testing and can be used to add onion flavor to your low FODMAP cooking.

Please always refer to the Monash University & FODMAP Friendly smartphone apps for the most up-to-date lab tested information. As always, your tolerance is what counts; please eat accordingly. The ultimate goal of the low FODMAP diet is to eat as broadly as possible, without triggering symptoms, for the healthiest microbiome.

Nutrition Facts	
Low FODMAP Chicken Pot Pie	
Amount Per Serving	
Calories 506	Calories from Fat 234
% Daily Value*	
Fat 26g	40%
Saturated Fat 1g	5%
Cholesterol 26mg	9%
Sodium 87mg	4%
Carbohydrates 43g	14%
Fiber 3g	12%
Sugar 3g	3%
Protein 24g	48%
Vitamin A 1IU	0%
Calcium 1mg	0%
Iron 1mg	6%

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