

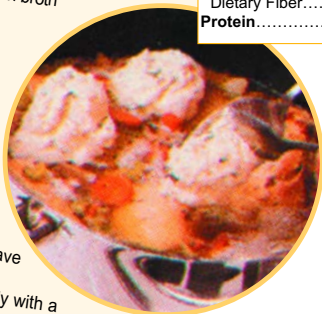
Blue is Better Recipe (Serves 6) Chicken & Dumplings Casserole

Ingredients

- cooking spray
- 3/4 lb. chicken tenders cut into bite size pieces
- 6 baby yukon gold or red potatoes, quartered
- 1 c. baby carrots
- 1 c. frozen green peas, defrosted
- 1-14.5 oz. can fat-free, reduced sodium chicken broth
- 2 Tbsp. flour
- 1/4 tsp. black pepper
- reduced-fat biscuit baking mix

Preparation Instructions

1. Lightly coat 9 1/2" glass microwavable pie plate with cooking spray.
2. Place chicken, potato quarters, baby carrots, peas, flour & pepper in large resealable plastic bag. Seal & shake to coat. Empty chicken & vegetables into pie plate, distribute evenly. Add chicken broth. Cover with waxed paper & microwave on HIGH for 20 minutes.
3. Combine biscuit mix & water in bowl & mix lightly with a fork. Set aside.
4. Preheat oven for 400°
5. Remove pie plate from microwave. Remove & discard waxed paper. Drop teaspoons of biscuit dough over chicken & vegetables.
6. Bake in oven 10 minutes or until dumplings are puffed & cooked through. Remove from oven; let cool 5 minutes before serving.



NUTRITION FACTS

Serving Size

1/6 of casserole

Amount Per Serving:

Calories	231
Calories from Fat.....	18
Total Fat	2 g
Saturated Fat.....	<1 g
Cholesterol	40 mg
Sodium	267 mg
Carbohydrate	32 g
Dietary Fiber.....	4 g
Protein	20 g