



## 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

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



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

### 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**

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.