

Chicken Pot Pie Casserole with sweet potato & apple

Cut one sheet of puff pastry into widthwise strips for the lattice crust. Slightly roll out the other sheet of pastry so it's as long as the baking dish before cutting it into lengthwise strips.

Makes 8 servings; Total time: 1 1/4 hours

FOR THE CRUST, CUT:

- 1 pkg. frozen puff pastry, thawed (2 sheets, 17.3 oz.)

FOR THE FILLING, HEAT:

- 3 1/4 cups low-sodium chicken broth, divided
 - 2 cups peeled, diced sweet potato
 - 1 1/2 cups peeled, diced russet potato
 - 1 cup diced onion
 - 1 cup diced celery
 - 1 Tbsp. minced garlic
- WHISK:**
- 1/2 cup heavy cream
 - 1/3 cup all-purpose flour
 - 2 tsp. curry powder
 - 1/4 tsp. ground cinnamon
 - 3 cups diced rotisserie chicken
 - 1 Granny Smith apple, peeled and diced
 - 1/2 cup frozen green peas
 - 1/4 cup minced fresh cilantro
 - 2 Tbsp. fresh lime juice
 - Salt and black pepper to taste

For the crust, cut pastry sheets into 1-inch-wide strips. On a parchment-lined baking sheet, weave strips into a lattice pattern; freeze while preparing filling.

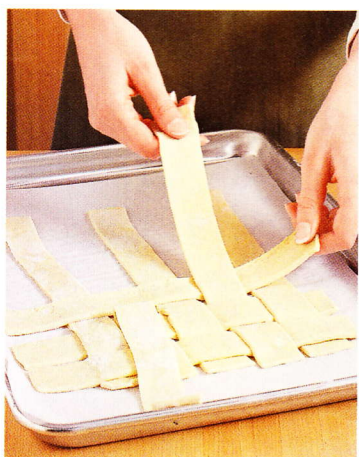
Preheat oven to 350°. Lightly coat a 9×13-inch baking dish with nonstick spray.

For the filling, heat 2 1/2 cups broth, sweet and russet potatoes, onion, celery, and garlic in a large skillet over medium-high; cook until vegetables are slightly soft, about 8 minutes.

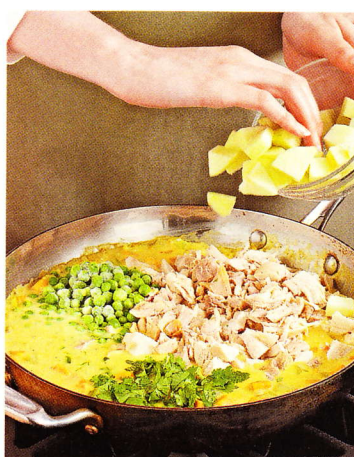
Whisk together remaining 3/4 cup broth, cream, flour, curry powder, and cinnamon. Pour slurry into vegetable mixture; cook and stir until thick and bubbly. Add chicken, apple, peas, cilantro, and lime juice; season with salt and pepper. Pour filling into prepared baking dish.

Bake filling until bubbly and crust until golden brown, 25–30 minutes. Place crust on top of pie before serving.

Per serving: 540 cal; 27g total fat (10g sat); 72mg chol; 442mg sodium; 47g carb; 5g fiber; 25g protein



Weave 1-inch-wide strips of puff pastry into a lattice that's the same size as your baking dish.



Add frozen peas and apples just before baking, so peas retain their color and apples don't get mushy.



Grape & Orange Salad

Champagne vinegar has a mild flavor that's ideal for this vinaigrette, but if you can't find it, it's OK to substitute white wine vinegar.

Makes 8 servings (8 cups)
Total time: 25 minutes

FOR THE SALAD, COMBINE:

- 4 cups orange segments
- 3 cups halved red grapes
- 1/2 cup thinly sliced fennel bulb

FOR THE VINAIGRETTE, WHISK:

- 1/4 cup extra-virgin olive oil
- 2 Tbsp. champagne vinegar
- 1 Tbsp. fresh orange juice
- 1 tsp. minced orange zest
- 1/2 tsp. Dijon mustard
- 1/2 tsp. honey
- 1/4 tsp. red pepper flakes
- Salt and black pepper to taste

STIR:

- 1/2 cup shaved Parmesan
- 1/2 cup chopped walnuts, toasted

For the salad, combine oranges, grapes, and fennel in a large bowl.

For the vinaigrette, whisk together oil, vinegar, orange juice, zest, Dijon, honey, and pepper flakes; season with salt and black pepper. Pour vinaigrette over fruit mixture.

Stir Parmesan and walnuts into salad before serving.

Per serving: 211 cal; 14g total fat (3g sat); 8mg chol; 93mg sodium; 19g carb; 3g fiber; 5g protein