

KITTYS

Lose Weight

With Kitty Stallings

Creole Chicken (Shrimp, Crabmeat or Crawfish) Pie (makes 7-8 servings)

Things you'll need:

2 chicken breasts cooked, skinned and de-boned (OR one pound cooked and peeled shrimp or crawfish slightly chopped or one pound white crabmeat)
1 can 110 calorie flaky biscuits
1 can fat free mushroom soup
1 bunch celery
3 green bell peppers
1 red bell pepper
1 large white onion
chopped garlic
Creole spice
Butter flavor cooking spray
Pyrex mini pie shells (8 oz size, you'll need 7-8 of them)
A food processor
A large saucepan

And this dish only has:

205 Calories

6.2 grams of Fat

17 grams of Carbs

3.5 grams of Fiber

(And this is the calorie count when it's made with Chicken. Make this pie with any seafood and this will decrease - and the same applies to all totals. I use these totals no matter what because this is the high end of the fat and calorie totals so I know that no matter what I'm safe with these.)

CAN YOU BELIEVE IT!!!!!!!!!!!!!!!!!!!!

LET'S GET COOKIN'!

Pre heat oven to 375.

Take your Pyrex pie shells and spray each of them with cooking spray.

Take a large sauce pan and spray the bottom with cooking spray. Turn on your stove top and as the pot heats up scoop up one heaping tablespoon of chopped garlic and dump it in the saucepan. Sprinkle the Creole seasoning in (I guess I use about one teaspoon but this is to taste) and heat this up stirring occasionally but don't allow it to burn.

While this is heating up take your Celery, Onion and GREEN Bell Pepper and chop in your food processor until well chopped but not to the point of puree'. As each of these gets chopped put them in the saucepan to sauté. This will take about 15 minutes. *This trio of veggies is called The Trinity in the south and serve as the base for many southern dishes.*

While this is cooking chop your RED bell pepper on a chopping board by hand. This is to maintain a coarser texture than the previously chopped vegetables. And if your chicken is not chopped (cubed) now would be a great time to do that too.

Once the vegetables in the saucepan become slightly clear it's time to add the red bell pepper and the chicken (or seafood – this makes a GREAT seafood pie too) and stir well.

Add your can of mushroom soup and allow to cook on low heat for about five minutes (remember everything is cooked so no need to overcook.).

Now it's time to place this in you mini pie shells. This recipe usually fills about 7-8 of the 8 oz pie shells and this fluctuates depending on the size of the veggies and how much meat or seafood you add. You can make this dish your own by playing with different combinations of any of the ingredients – one thing to never leave out is the Creole seasoning. The Creole seasoning is the thing that separates this pie from just a regular ole chicken pot pie.

Once your pie shells are filled get out your can of 110 calorie flaky biscuits. Take one biscuit and split it (We are using ½ of a biscuit for the crust). Take that half and spilt it into three sections. This is pretty easy. These biscuits are the type that come in layers and so are already ready to separate. Lay the three sections (medallions) on the top of the pie filling in each pie shell to serve as a pie crust. I place mine in such a way that they look like pie crust rose pedals.

Spray the pie crust with butter flavor cooking spray and place in your preheated oven for about 20-30 minutes. The cooking time will depend on your oven but what you want is for the crust to brown. The filling is already cooked and hot so this shouldn't take long to bubble and the top to brown.

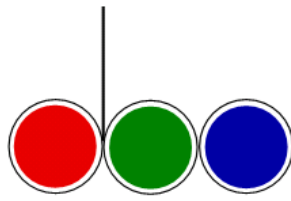
And this dish freezes like a dream! I always make a large recipe so that I have these on hand for special occasions or if I just want a night off from cooking.

You can microwave by defrosting in your microwave for about fifteen minutes and then heating it up on high for a few minutes (every microwave is different so try a couple of power settings and times here – you know your own microwave best)

OR – you can defrost in the microwave and reheat in the oven – and I do this when I'm having guests. It looks like I slaved over a hot stove for hours when in reality I just pulled some pre-made pies out of the freezer, made a salad and a side vegetable and had a great dinner!

I FEEL A STORY COMING ON!!!!!!!!!!!!!!

I got this recipe originally from my sister when she and her husband lived in Houma, LA. She used crawfish in it and a *real* top and bottom crust – *but everything else is the same!* It was SO delicious I just had to have the recipe. Pam, my sister, is a very good cook. She's never had a weight problem so thinks about food differently than I do. She also has the best taste not only in food but she should have been an interior decorator; everything she touches turns beautiful. She can place a pillow on a couch and it immediately looks like something from one of those 'Home' magazines. (It's pitiful, but I can't even name one of those magazines) I think I fell in love with this recipe not just because it was delicious but because it was a recipe from Pam. Always successful in everything she's ever done, in my mind I think I thought that this recipe would be a winner in part because it came from her. Years later and having made it a zillion times, this pie is just damn good, no matter who makes it and no matter if you use chicken, crawfish, shrimp or whatever in the filling. I have converted it to take out the fat and as many calories as possible while keeping in the flavor – and I hope you enjoy it as much as I still do! This is one to serve to people who do not have weight issues and they'll never know it's low cal!



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