

## Creole Chicken Pie



(You can make this with Shrimp, Crabmeat or Crawfish too!)

**Totals per serving when made with chicken:**

Calories 190      Fat 6g      Fiber 3g      Carbs 21g

***Things you'll need:***

- |                                     |  |
|-------------------------------------|--|
| Butter flavor cooking spray         | 1 Red bell pepper <u>chunky</u> chopped          |
| 1 T Chopped garlic                  | 1 Can fat free mushroom soup                     |
| 1 tsp Creole seasoning              | 2 Chicken breasts, boneless skinless and chopped |
| 1 Bunch celery finely chopped       | 1 Can 110 calorie <u>flaky</u> biscuits          |
| 3 Green bell peppers finely chopped |  |
| 1 Onion finely chopped              |  |

Pyrex mini pie shells (8 oz size, you'll need eight)

A food processor (for the onion, celery and green bell pepper only)

A large saucepan

***Let's get to cooking!***

1. Pre heat oven to 375.
2. Spray Pyrex pie shells and bottom of saucepan with cooking spray.
3. Turn stove top heat to medium.
4. Add chopped garlic and Creole seasoning to saucepan and cook 5 minutes.
5. Add celery, green bell pepper and onion. Cover and simmer for 15 minutes.
6. Add mushroom soup, chicken and red bell pepper. Simmer for ten minutes.
7. Scoop into pie shells. Top each with ½ biscuit pulled apart like rose petals.
8. Spray biscuit top with cooking spray and bake for 30 minutes or until bubbly.

My sister, Pam, inspired this **Kitty's Lighter Weigh** recipe.