



# Healthy Recipes

From NH Healthy Families Staff



nh healthy families.

## Chicken Pot Pie Bubble up

### Ingredients:

- 2 cups cooked chopped chicken
- 1 can of reduced sodium cream of chicken soup
- 1 cup low fat sour cream
- 1 cup reduced fat cheddar cheese
- 1 ½ cups of frozen mixed veggies
- 2 cans reduced fat refrigerated biscuits (10 total biscuits)



Prep: 40 mins Cook Time: 25-30 min  
Servings: 6

### Directions:

Preheat Oven to 375°. Lightly spray a glass 9X13 inch pan with cooking spray. Mix together chicken, soup, sour cream, cheese and frozen veggies. Remove biscuits from can and cut each into 4 pieces. Toss with chicken mixture. Pour mixture into prepared pan. Spread biscuits out if they are clumped together. Bake for 25-30 minutes. ENJOY!

### Notes:

You can use a pre cooked chicken for this recipe.

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*Recipe provided by:*

**Lisa O'Connor, Program Specialist II - Social Work** at NH Healthy Families

Why its important to Lisa to support our community?

*We are all part of a community and we have to take care of one another.*