



Chicken Pot Pockets



1/12th of recipe (1 pocket): 119 calories, 1.25g total fat (0.5g sat. fat), 280mg sodium, 17g carbs, 1g fiber, 1.5g sugars, 10g protein

Prep: 30 Minutes **Cook:** 20 Minutes



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Ingredients

1 tsp. cornstarch
One 10.75-oz. can 98% fat-free cream of celery condensed soup
2 cups frozen petite mixed vegetables
12 oz. cooked and finely chopped skinless chicken breast
12 large square egg roll wrappers
Optional seasonings: salt and black pepper

Directions

Preheat oven to 350 degrees. Spray a baking sheet with nonstick spray.

In a small bowl, mix cornstarch with 1 tsp. cold water until dissolved. Transfer mixture to a large bowl. Add soup and mix well. Stir in veggies and chicken.

Lay an egg roll wrapper flat on a dry surface. Moisten all four edges with water. Evenly distribute 1/12th of the chicken mixture (about 1/3 cup) on the bottom half of the wrapper. Fold the top half over the mixture so the top edge meets the bottom. Dab the edges with water and press firmly with the prongs of a fork to seal. Place on the baking sheet.

Repeat with remaining ingredients, for a total of 12 pockets, evenly spaced on the sheet.

Bake until edges begin to brown, 15 to 18 minutes. Dig in!

MAKES 12 SERVINGS

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