



Pot Pie Skillet Meal (package directions)

Submitted By: Wildtree from Warwick, RI

Number of Servings: 4

Ingredients:

- 1 teaspoon Wildtree Natural Grapeseed Oil
- 1 pound chicken breasts (approx. 3 breasts), cubed
- 2 cups water
- 1 package Wildtree Pot Pie Skillet Meal
- 3/4 cup rice

Method of Preparation:

In a 10 or 12 inch skillet, heat the Grapeseed Oil until shimmering. Add the cubed chicken and brown lightly. Add the water and the Pot Pie Skillet Meal package and stir to combine. Add in the rice, cover, and bring to a boil. Reduce to simmer and cook for 15-20 minutes until the rice is tender.

Nutritional Information:

Calories: 260	Carbohydrates: 35g	Cholesterol: 50mg
Fat: 1.5g	Fiber: 1g	Sodium: 560mg
Saturated Fat: 0g	Protein: 24g	