Chicken Pot Pie Bundles

Ingredients

- 12 egg roll wraps
- 1 carrot
- 1/2 small onion
- 2 clove garlic
- 1 lb chicken breast
- 2 tsp fresh tarragon
- 1/2 tsp kosher salt
- 1 cup all-natural chicken broth
- 4 tsp corn starch
- 3/4 cup frozen corn kernels

Summary

Yield: 6
Prep Time: 5 minutes
Category: Appetizers
Cuisine: American

Instructions

Directions
1.Preheat the oven to 350°F. Heat 1 tablespoon of the oil in a large nonstick skillet over medium-high heat. Add the carrot and onion and cook, stirring frequently, until softened, about 5 minutes. Add the garlic, and cook 1 minute more.
2.Stir in the chicken, tarragon, salt, and pepper. Cook until the chicken is no longer pink, about 5 minutes.
3.Place the broth and cornstarch in a bowl and whisk until well combined. Add to the skillet along with the peas and corn, and bring the liquid to a simmer, stirring constantly. Continue to simmer and stir gently until the sauce thickens, about 2 minutes.
4.To prepare the bundles, use a muffin pan with 12 medium-size cups (do not coat with nonstick cooking spray). Gently place 1 egg roll wrap into each cup, letting it extend over the sides.
5.Place a generous 1/4 cup of the chicken mixture into each wrap, and sprinkle the Parmesan cheese on top. Fold the corners up and over the top of the filling and press to seal the edges (it doesn't have to be perfect!). Brush the remaining oil on top of each bundle.
6.Bake until golden and crisp,12 to 15 minutes. Cool slightly before eating.

Nutrition Information per Serving (2 bundles): 360 calories, 7g fat (1g saturated, 0.4 omega-3), 680mg sodium, 48g carbohydrate, 3g fiber, 24g protein, 70% vitamin A, 15% iron