

TURKEY POT PIE

Low Carb/ Keto Friendly

THANKSGIVING LEFTOVERS RECIPE

INGREDIENTS

Pie Crust

- 1 cup almond flour
- 1 egg
- 1 tsp. baking powder
- 1/3 cup cheddar cheese, shredded
- 3 Tbsp. unsalted butter, softened

Pie Filling

- 1 lb. cooked turkey, chopped
- 3 Tbsp. olive oil
- 1/2 medium onion, chopped
- 1/3 cup carrots, chopped
- 1/3 cup celery, chopped
- 1 tsp. Italian seasoning
- 1 Tbsp. garlic, minced
- 1/4 cup unsalted chicken broth
- 1/4 cup Greek yogurt
- 1/4 cup low-fat/skim milk

DIRECTIONS

1. Preheat oven to 400 degrees Fahrenheit.
2. Place olive oil in a saucepan over medium heat, and add the celery, onions, and carrots.
3. Cook vegetables until the celery and onions begin to become tender.
4. While vegetables are cooking, whisk the milk and greek yogurt together in a mixing bowl until creamy consistency.
5. Add minced garlic and Italian seasoning to the pan, saute for 30 seconds longer.
6. Whisk the milk+Greek yogurt mixture and the chicken broth into the saucepan. Continue to cook until mixture thickens.
7. Place the turkey into the saucepan with the vegetables, toss to mix well.
8. Pour mixture into greased 9x9 baking dish.
9. While vegetables are cooking, mix together ingredients for the crust, until well combined into a dough.
10. Place the dough in freezer to chill until vegetables are done cooking.
11. Spread the dough out on top of the filling.
12. Bake for 20 minutes. Top with fresh parsley if desired.