Back in the saddle

To all my readers who have wondered where I have disappeared to over the holidays, you can finally relax! I am back! Holidays get so crazy in general, then add juggling three kids, travel, laundry and more travel and it makes for a blur of a holiday season! Whew, glad that is over and we can all settle back into our normal routines. Now that kids are back in school!

I have found a hearty yet healthy little winter dinner for you and yours. Please enjoy and have a very happy new year!

Chicken Cup-pies

1 cup plus 2 tbsp. flour, divided
1/4 tsp. baking powder
1/4 tsp. salt
3 tbsp. cold butter, divided
2 tbsp. buttermilk
1 tbsp. canola oil
1-2 tbsp. cold water
6 small carrots, sliced or chopped
3 tbsp. minced onion
2-1/2 cups lower sodium chicken broth
2/3 cup fat-free milk
2 cups cubed cooked chicken
1 cup frozen peas
1/8 tsp. pepper
1 egg, lightly beaten

In a small bowl combine 3/4 cup flour, baking powder and salt. Cut in 2 tbsp butter until crumbly. Add buttermilk and oil and toss with a fork. Gradually add water and keep tossing until dough forms; cover and refrigerate 1 hour.

For filling, in a large skillet combine remaining butter, carrots, minced onion, and saute until tender. In a small bowl combine remaining flour and broth, stir until smooth. Add to skillet mixture. Bring to a boil and cook for 2 minutes. Stir in chicken, peas and pepper. Transfer to 4 small ramekins or ovenproof small bowls or cups.

Divide dough into 4 portions, roll out portions to fit ramekins. Place on top and seal edges. Brush with egg white. Make decorative slits in the dough if you wish.

Bake at 425º for 20-25 minutes.