

Cooking for Wellness

Sponsored by:



Chicken and Kale Hand Pies

2 discs pie dough, either home made or purchased

2 tbsp. all -purpose flour

Salt & pepper to taste

2 tbsp. unsalted butter

1 leek, white and light green parts only, halved lengthwise, cut crosswise 1/4 inch thick and rinsed well

1 small bunch kale, de-ribbed and coarsely chopped

1 tsp fresh thyme leaves

1/4 tsp dried sage

- 1 cup chicken or vegetable broth
- 1 cup cooked chicken or turkey, shredded into bite size pieces

1 large egg, lightly beaten

Directions

- 1. Preheat oven to 425 degrees.
- 2. Prepare two baking sheets with parchment paper.
- 3. On a cool surface, roll out one disc of pie dough to a 14 inch round. Dust with flour first, if needed, to prevent sticking.
- 4. With a knife or biscuit cutter, cut out six 4 1/4 inch circles, re-rolling dough just once if needed.
- 5. Transfer cut dough on parchment to a baking sheet. Repeat with remaining dough, cutting out six larger, 4 1/4 inch rounds.
- 6. Place sheet in the fridge until ready to use.
- 7. In a large skillet over medium-high heat, melt butter. Add leek and sauté until soft, about 3 minutes.
- 8. Add kale, thyme, salt, and pepper, to the skillet an sauté until kale wilts, about 3-5 minutes.
- 9. Sprinkle flour over mixture. Stir to combine. Add broth and bring to a boil. Cook stirring often, until mixture thickens, about 2 minutes.
- 10. Transfer to a medium bowl, season with more salt and pepper if desired, and stir in chicken. Let cool slightly.
- 11. Remove rounds from fridge.
- 12. Place a rounded 1/4 cup of chicken mixture on each of the smaller dough rounds, leaving a 1/2 inch border. Brush edges with egg and top with larger dough rounds. Using fingers, press edges firmly to seal.
- 13. Cut a small vent in each pie. Bake until browned and crisp, 30 minutes, rotating sheet halfway through.
- 14. Let cook slightly on sheets that have been set on a wire rack. Serve warm or at room temperature.

