

Tater Tot-Topped Chicken Pot Pie

• *Entrée*

In 1953, Sexy Beast Elvis Presley recorded his first song, “My Happiness,” Professor Alfred Kinsley published his landmark work *Sexual Behavior in the Human Female*, and Tater Tots were invented.

The world has never been the same since.



This filling dish can be baked in the high-sided skillet it is assembled in but the presentation is more spectacular if you use two single-serving, oven-safe bowls instead.

You'll need:

- 1 tbsp. extra-virgin olive oil
- 1 tsp. salt
- 1 tsp. ground black pepper
- ¼ medium onion, chopped

- 1 medium carrot, chopped
- ½ large stalk celery, chopped
- 2 tsp. garlic powder or 2 cloves garlic, diced
- 1 tbsp. dried thyme or 2 tbsp. fresh thyme leaves cut up.
- 1¼ cup chicken broth
- 1½ tbsp. cornstarch (flour can be substituted)
- 1¼ cups (about 8 ounces) diced skinless chicken breast
- ¾ cup frozen peas
- 44 mini or 24 regular size, frozen tater tots

Do this:

Preheat your oven to 350°.

In a large, high-sided, oven-safe skillet, heat oil over a medium heat, add onion, carrot, celery, and spices. Cook until vegetables are soft, about 4 minutes. Whisk the cornstarch into the chicken broth.

Pour the chicken broth-cornstarch mixture the into the skillet, bring to a simmer. Cook about 5 minutes more, until slightly thickened. Stir in the chicken and peas and simmer 2 minutes more.

If you are going to use individual serving bowls, scoop half the pot pie mixture into each. Whether you use two bowls or the one skillet, arrange the frozen Tater Tots in a circular pattern over the mixture.

Bake until the Tater Tots are golden brown, 35 to 40 minutes. Check at 35 minutes.

Servings: 2 400 calories each

Satisfaction factor: 99

Excerpted from *The Sexy Beast Diet: The Man's Guide to Healthy and Satisfying Eating*.