

Roasted Vegetable Pot Pie

(prep time: 30mins cooking time: 30mins)

INGREDIENTS

1. 2 (16oz) packages frozen stew vegetables, thawed
2. 2 tablespoons fat-free Italian dressing
3. 1 (60ml) jar fat-free chunky spaghetti sauce with mushroom and sweet peppers
4. 1 (16oz) can dark red kidney beans, drained
5. 1 (10oz) can refrigerated pizza crust dough
6. 1 teaspoon fennel seeds

INSTRUCTIONS

1. Combine vegetables and Italian dressing, tossing well. Spoon vegetable mixture onto a large baking sheet.
2. Bake at 450 for 20mins or until vegetables are lightly browned, stirring once. Remove from oven
3. Reduce oven temperature to 375.
4. Combine roasted vegetable mixture, spaghetti sauce, and kidney beans, stirring well. Spoon vegetable mixture into a 13' X 9' (2 inch deep) baking dish
5. Unroll dough onto a work surface, sprinkle dough with fennel seeds. Roll dough to 14' X 10' rectangle.
6. Place dough rectangle over vegetable mixture.
7. Bake at 375 degrees for 30mins or until lightly browned.

NUTRITION

<i>Servings</i>	6
<i>PER SERVING:</i>	
<i>Calories:</i>	297
<i>Fat:</i>	1.9g
<i>Sodium:</i>	875mg
<i>Carbohydrates:</i>	57.9g
<i>Fiber:</i>	5.1g
<i>Protein:</i>	12g
<i>Cholesterol:</i>	0mg

