

# Bridget's healthy dinner ingredients

BBQ baked chicken breast  
Roasted new potatoes with rosemary  
Green peas  
Light Pumpkin pie

## **Ingredients:**

1 pound skinless boneless chicken breast  
4 oz BBQ sauce of your choice, plus more to taste  
2 Tbsp olive oil  
1 pound new potatoes  
Salt and pepper to taste  
1 tsp dried rosemary  
1 lb frozen baby peas  
1 15 oz. can pumpkin purée  
2/3 cup light sour cream  
1 tsp ground cinnamon  
1/2 tsp ground ginger  
1/4 tsp ground cloves  
1/4 tsp ground nutmeg

## **Pie crust:**

1 cup Oat flour  
2 tsp sugar  
1/8 tsp salt  
4 Tbsp unsalted butter, cut into pieces  
3-4 Tbsp ice water