

## Maple Walnut Chicken



### Prep:

5 minutes

### Total:

35 minutes

### Makes:

4 servings

### Utensil:

11" Large Skillet with Cover

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### Recipe:

### Contributed By:

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### Recipe Description:

This delicious chicken recipe is sure to become a family favorite.

4 chicken breasts  
salt, to taste  
pepper, to taste  
1 red onion, chopped  
¼ cup  
apple cider vinegar  
(60  
mL)  
¼ cup  
chicken stock  
(60  
mL)  
½ cup  
maple syrup  
(120  
mL)  
1 cup  
walnuts  
(28  
g)  
parsley, garnish, optional  
scallions, garnish, optional

### Directions:

1. Rinse chicken, pat dry, season with salt and pepper.
2. Preheat large skillet over medium-high heat. When several

drops of water sprinkled on pan skitter and dissipate, place chicken in skillet. Cook approximately 10 minutes on each side. Chicken will initially stick, but will then release. Chicken should be pink inside. Transfer to platter.

3. In the same pan over medium heat, add onions and stir-fry for approximately 5 minutes until onions are translucent.
4. Add vinegar and continue cooking, scraping up the pan drippings and stirring.
5. Add chicken stock, syrup and additional pepper to taste. Cook until thickened, approximately 1 minute.
6. Chop walnuts, if desired. Add chicken back into the pan, along with walnuts, and baste with sauce. Cover and simmer for 5 minutes. Garnish, if desired, and serve.

Nutritional Information per

▼ Serving

**Calories:** 427

**Total Fat:** 8g

**Saturated Fat:** 1g

**Cholesterol:** 137mg

**Sodium:** 279mg

**Total** 31g

**Carbs:**

**Dietary Fiber:** 1g

**Sugar:** 24g

**Protein:** 56g