

Maple Walnut Chicken



Prep:

5 minutes

Total:

35 minutes

Makes:

4 servings

Utensil:

11" Large Skillet with Cover

Rate ★★★★★

Recipe:

Contributed By:

Miriam Hernandez
Authorized Saladmaster® Dealer
[Write a Review](#)

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