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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:

Miriam Hernandez
Authorized Saladmaster® Dealer
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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 Carbs: 31g
Dietary Fiber: 1g
Sugar: 24g
Protein: 56g