



## Chicken and Waffles With Maple-Peach Glaze

This popular dish provides a combination kids will love any time of the day.

**Ages:** 3–5 years

**Makes:** 6 servings

**Prep time:** 5 minutes

**Cook time:** 25 minutes

### the INGREDIENTS

**½ cup** peach preserves

**¼ cup** maple syrup

**13½ oz** chicken tenders, fresh or frozen, thawed  
(at least 6 tenders)

**3** waffles, whole-wheat (at least 34 g or 1 oz each)

### the DIRECTIONS

1. Wash hands with soap and water for at least 20 seconds.
2. To make maple-peach glaze: In a small microwave-safe bowl, combine peach preserves and maple syrup. Heat in microwave for 30 seconds. Stir. Heat for 30 more seconds or until glaze begins to bubble around the sides and is well-blended.
3. Heat a medium nonstick skillet on medium-high heat. Brown both sides of chicken tenders for 5 minutes. Wash hands after touching uncooked chicken.
4. Reduce heat to medium. Cover. Cook for 7–8 minutes. Heat to an internal temperature of 165 °F or higher for at least 15 seconds. If needed, turn tenders to prevent overbrowning.
5. Drizzle half of the maple-peach glaze over chicken. Decrease heat to low. Cover. Cook chicken for 3 minutes or until glaze begins to bubble. Remove from heat.
6. Place waffles in toaster. Toast for 3 to 4 minutes. Remove from the toaster.
7. Serve 1 chicken tender with ½ waffle and 1 Tbsp of maple-peach glaze. Serve immediately, or keep warm at 140 °F or higher.

## *the* NUTRITION INFORMATION

1 chicken tender with ½ waffle and  
1 Tbsp maple-peach glaze

Nutrients	Amount
<b>Calories</b>	<b>219</b>

<b>Total Fat</b>	<b>3 g</b>
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Saturated Fat	1 g
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Cholesterol	40 mg
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<b>Sodium</b>	<b>146 mg</b>
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<b>Total Carbohydrate</b>	<b>32 g</b>
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Dietary Fiber	1 g
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Total Sugars	12 g
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Includes Added Sugars	N/A
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<b>Protein</b>	<b>16 g</b>
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Vitamin D	N/A
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Calcium	75 mg
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Iron	2 mg
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Potassium	N/A
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N/A = Data not available

## *the* CACFP CREDITING INFORMATION

1 ½ oz eq meat

½ oz eq grains 

## *the* CHEF TIPS

- **Contains wheat (waffles).** Frozen waffles can be a hidden source of common allergens, which include milk, peanuts, tree nuts, eggs, fish, shellfish, soy, wheat, and sesame.
- Sesame can appear as an ingredient in food where it might not be expected (waffles) and may be included in the ingredients statements as “spice” or “flavoring.”
- The  symbol indicates the recipe is whole grain-rich.
- Creditable grains contribution calculated using the Recipe Analysis Workbook, Method A.

Source: Team Nutrition CACFP Easy Recipe Project

[TeamNutrition.USDA.gov](https://TeamNutrition.USDA.gov)