

Chicken and Waffles With Maple-Peach Glaze

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


AGES: 6–18 years

PREP TIME: 25 minutes

COOK TIME: 30 minutes

CACFP CREDITING INFORMATION

3¼ oz eq meat

1 oz eq grains 

SOURCE

Team Nutrition CACFP Easy Recipe Project

TeamNutrition.USDA.gov

INGREDIENTS	25 SERVINGS		50 SERVINGS		DIRECTIONS
	Weight	Measure	Weight	Measure	
					<ol style="list-style-type: none"> 1 Wash hands with soap and water for at least 20 seconds. 2 Preheat oven to 400 °F. 3 To make maple-peach glaze: In a small pot, combine peach preserves and maple syrup. Heat on the stove for 5 minutes or until glaze begins to bubble around the sides and is well-blended. Stir frequently.
Peach preserves		1 qt		2 qt	
Maple syrup		2¼ cups		1 qt + ½ cup	

INGREDIENTS	25 SERVINGS		50 SERVINGS		DIRECTIONS
	Weight	Measure	Weight	Measure	
Chicken tenders, fresh or frozen, thawed	7 lb 1 oz	50	14 lb 2 oz	100	<p>4 Heat an extra-large nonstick skillet on medium-high heat. Brown both sides of chicken tenders for 5 minutes. Wash hands after touching uncooked chicken.</p>
					<p>5 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.</p>
					<p>6 Drizzle half of maple-peach glaze over chicken. Decrease heat to low. Cover. Cook chicken for 3 minutes or until glaze begins to bubble. Remove from heat.</p>
Waffles, whole-wheat (at least 34 g or 1 oz each)	1 lb 9 oz	25 (850 g)	3 lb 2 oz	50 (1700 g)	<p>7 Arrange frozen waffles in a single layer on sheet pan (18" x 26" x 1"). Bake for 8–10 minutes. Remove from the oven. For 25 servings, use 1 pan For 50 servings, use 2 pans</p>
					<p>8 Serve 2 chicken tenders with 1 waffle and 2 Tbsp of maple-peach glaze. Serve immediately, or keep warm at 140 °F or higher.</p>




NUTRITION INFORMATION

2 chicken tenders with 1 waffle and 2 Tbsp maple-peach glaze

NUTRIENTS	AMOUNT
Calories	439
Total Fat	6 g
Saturated Fat	2 g
Cholesterol	80 mg
Sodium	292 mg
Total Carbohydrate	63 g
Dietary Fiber	2 g
Total Sugars	25 g
Includes Added Sugars	N/A
Protein	31 g
Vitamin D	N/A
Calcium	149 mg
Iron	3 mg
Potassium	N/A

N/A = Data not available

NOTES

- **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.

YIELD/VOLUME

25 Servings	50 Servings
Weight: 9 lb 12 oz	Weight: 19 lb 8 oz
Yield: 25 waffles, 1 qt 1¼ cups 2 Tbsp glaze and 50 chicken tenders	Yield: 50 waffles, 2 qt 2¾ cups 3 Tbsp glaze and 100 chicken tenders