

Chicken and Waffles With Maple-Peach Glaze

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

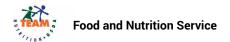
AGES: 6–18 years PREP TIME: 25 minutes COOK TIME: 30 minutes

CACFP CREDITING INFORMATION 3¹/₄ oz eq meat 1 oz eq grains *&*

SOURCE

Team Nutrition CACFP Easy Recipe Project TeamNutrition.USDA.gov

INGREDIENTS	25 SERVINGS		50 SERVINGS		DIDECTIONS
	Weight	Measure	Weight	Measure	DIRECTIONS
					1 Wash hands with soap and water for at least 20 seconds.
					2 Preheat oven to 400 °F.
Peach preserves		1 qt		2 qt	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.
Maple syrup		2¼ cups		1 qt + ½ cup	





INGREDIENTS	25 SERVINGS		50 SERVINGS		
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Chicken tenders, fresh or Frozen, thawed	7 lb 1 oz	50	14 lb 2 oz	100	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.
					 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.
					 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.
Waffles, whole-wheat (at east 34 g or 1 oz each)	1 lb 9 oz	25 (850 g)	3 lb 2 oz	50 (1700 g)	 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
					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.





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

