

## 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 Makes: 6 servings Prep time: 5 minutes Cook time: 25 minutes

#### *\_\_\_\_\_ the \_\_\_\_\_* INGREDIENTS

1 cup peach preserves

1/2 cup maple syrup

**1 lb 11 oz** chicken tenders, fresh or frozen, thawed (at least 12 tenders)

6 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.
- 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.
- Place waffles in toaster. Toast for 3 to 4 minutes. Remove from the toaster.
- 7. Serve 2 chicken tenders with 1 waffle and 2 Tbsp of maple-peach glaze. Serve immediately, or keep warm at 140 °F or higher.





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#### NUTRITION INFORMATION

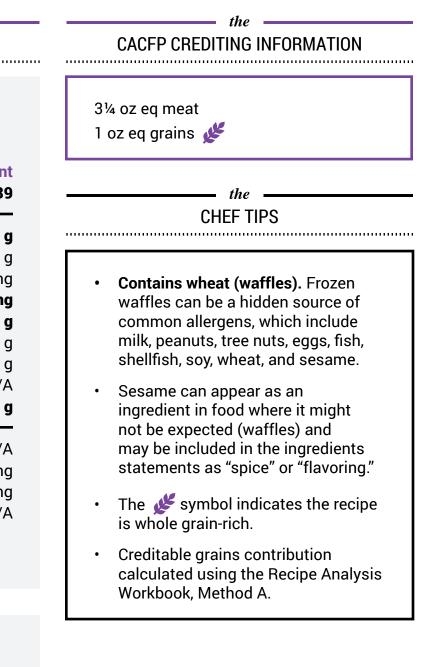
## 2 chicken tenders with 1 waffle and 2 Tbsp maple-peach glaze

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

*Source:* Team Nutrition CACFP Easy Recipe Project

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Page 2 of 2