



## 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

**Prep time:** 5 minutes

**Makes:** 6 servings

**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*

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## NUTRITION INFORMATION

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

<b>Nutrients</b>	<b>Amount</b>
<b>Calories</b>	<b>219</b>
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<b>Total Fat</b>	<b>3 g</b>
Saturated Fat	1 g
Cholesterol	40 mg
<b>Sodium</b>	<b>146 mg</b>
<b>Total Carbohydrate</b>	<b>32 g</b>
Dietary Fiber	1 g
Total Sugars	12 g
Includes Added Sugars	N/A
<b>Protein</b>	<b>16 g</b>
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Vitamin D	N/A
Calcium	75 mg
Iron	2 mg
Potassium	N/A

N/A = Data not available

*Source:* Team Nutrition CACFP Easy Recipe Project


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

*the*

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## CACFP CREDITING INFORMATION

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1 ½ oz eq meat  
½ oz eq grains 

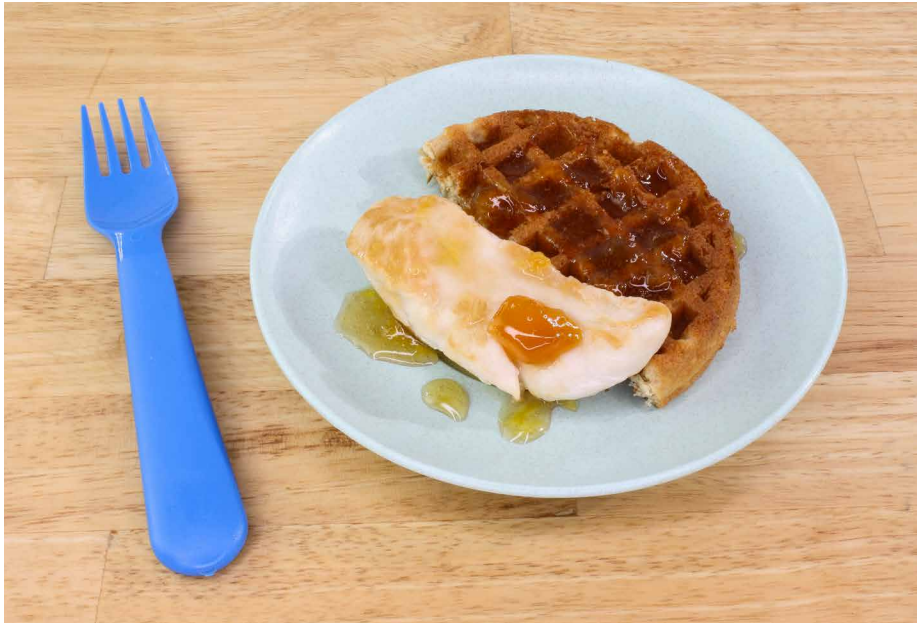
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## CHEF TIPS

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- **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.



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**AGES:** 3–5 years

**PREP TIME:** 25 minutes

**COOK TIME:** 30 minutes

**CACFP CREDITING INFORMATION**

1 ½ oz eq meat

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**SOURCE**

Team Nutrition CACFP Easy Recipe Project

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

INGREDIENTS	25 SERVINGS		50 SERVINGS		DIRECTIONS
	Weight	Measure	Weight	Measure	
					<b>1</b> Wash hands with soap and water for at least 20 seconds.
					<b>2</b> Preheat oven to 400 °F.
Peach preserves		2 cups		1 qt	<b>3</b> 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		1 cup + 2 Tbsp		2¼ cups	

INGREDIENTS	25 SERVINGS		50 SERVINGS		DIRECTIONS
	Weight	Measure	Weight	Measure	
Chicken tenders, fresh or frozen, thawed	3 lb 8¼ oz	25	7 lb 1 oz	50	<p><b>4</b> 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><b>5</b> 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><b>6</b> 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)	12½ oz	12½ (425 g)	1 lb 9 oz	25 (850 g)	<p><b>7</b> Arrange frozen waffles in a single layer on sheet pan (18" x 26" x 1"). Bake for 8–10 minutes. Remove from the oven.  <b>For 25 servings,</b> use 1 pan  <b>For 50 servings,</b> use 2 pans</p> <p><b>8</b> Serve 1 chicken tender with ½ waffle and 1 Tbsp of maple-peach glaze. Serve immediately, or keep warm at 140 °F or higher.</p>




**NUTRITION INFORMATION**

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

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**NOTES**

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**YIELD/VOLUME**

25 Servings	50 Servings
Weight: 5 lb 9 oz	Weight: 11 lb 2 oz
Yield: 12½ waffles, 3 cups 2 Tbsp glaze, and 25 chicken tenders	Yield: 25 waffles, 1 qt 2¼ cups glaze, and 50 chicken tenders