

# MAPLE WALNUT CHICKEN

**From:** The Inn at East Hill Farm, Troy

## Ingredients

- 1 cup flour
- 1 tsp salt
- ½ tsp pepper
- ½ tsp salt-free herb seasoning
- 2 eggs
- 4 fresh 5 oz boneless chicken breasts
- 1/3 cup of olive oil
- 1 cup real maple syrup
- 1/2 cup of walnuts



## Directions:

1. Divide the flour into 2 separate bowls.
2. Add salt, pepper and seasoning to one bowl of flour.
3. Crack eggs into separate bowl and beat.
4. Dip chicken into plain flour, then egg, then seasoned flour.
5. Heat oil in a large frying pan on medium/high heat.
6. Lay chicken in pan and cook approximately 3 minutes on each side.
7. Remove chicken from pan and place on a cookie sheet.
8. Pour syrup over chicken and sprinkle with walnuts.
9. Bake at 375 degrees for approximately 15 minutes.