



# RECIPE: MAPLE CHICKEN WITH APPLE-SPROUT SLAW



## INGREDIENTS

8 (2-ounce) chicken cutlets  
1/2 tsp. kosher salt, divided  
1/2 tsp. ground black pepper  
2 Tbs. olive oil, divided  
3 Tbs. red wine vinegar  
2 Tbs. NY Maple Syrup  
8 oz. Brussels sprouts  
1/4 c. dried currants  
1 med. Fuji or Gala apple, cut into 1/8 in. thick slices



## DIRECTIONS

Cut Brussels sprouts in half lengthwise; thinly slice crosswise. Place 1 Tbs. oil, 1 Tbs. vinegar and 1/4 tsp. salt, and 1/4 tsp. pepper to a large bowl; stir well with a whisk. Add Brussels sprouts, currants, and apple; toss to combine.

Heat a large skillet over medium heat. Sprinkle chicken with 1/4 tsp. salt and 1/4 tsp. pepper. Add 1 Tbs. oil to pan; swirl to coat. Add chicken to pan; cook 3 minutes on each side or until done. Remove from pan; keep warm. Add remaining 2 Tbs. vinegar and syrup to pan; bring to boil. Cook 1 minute or until reduced to 3 Tbs. Return chicken to pan; turn to coat with glaze.

Serve slaw with chicken. Yields 4 servings.

*“Make a meal with NY Maple!”*

[www.NYSMaple.com](http://www.NYSMaple.com)