



Golden Crispy Chicken & Waffles

Golden crispy breaded chicken filet stacked atop a whole grain waffle and served with a side of sweet maple-honey mustard sauce.

Servings: 10 each (1 chicken & waffles plate per serving)

Ingredients	Amount	Amount
Tyson® Golden Crispy MWWM Chicken Filets #70302-928	10 ea.	10 ea.
Whole Grain Waffles, frozen, bulk	10 ea.	10 ea.
Maple-Honey Mustard Sauce Cups (see sub-recipe)	12 oz.	1¼ C.

DIRECTIONS:

1. Arrange the frozen chicken filets in a single layer on a sheet pan lined with parchment paper. Heat the pan of chicken filets uncovered in a preheated 350°F convection oven for 16-20 minutes.
2. Heat the frozen whole grain waffles according to the manufacturer's instructions.
3. To serve the chicken & waffles plates arrange 1-each of the heated waffles on individual serving plates. Top the waffles with 1-each of the heated chicken filets. Place 1 Maple-Honey Mustard Sauce Cup on each plate and serve immediately. One Golden Crispy Chicken & Waffles plate per serving.

TYSON® PRODUCTS USED:

#70302-928, Tyson® Golden Crispy Whole Grain Made with Whole Muscle Filet, 3.75-oz.

Maple-Honey Mustard Sauce Cups

Golden Crispy Chicken & Waffles

Yield: 1¼-cups (approximately 12 ounces)

Ingredients	Amount	Amount
Honey Mustard	6.90 oz.	¾ C
Pancake Syrup	5.40 oz.	½ C

Coarse Ground Black Pepper

¾ tsp.

1¼ C.

DIRECTIONS:

1. Combine all of the ingredients in a mixing bowl and whisk together until thoroughly combined.
2. When ready, portion 2-tablespoons of the prepared maple-honey mustard sauce into 2-ounce portion cups, and then place a lid atop each filled portion cup. Hold the prepared Maple-Honey Mustard Sauce Cups under refrigeration at 38°F until ready to serve.

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CN Portion	1 piece
M/MA (oz)	2.00
Grain (oz)	1.00
Vegetable (oz)	0.00
Calories	200
Total Fat (g)	9.00
Saturated Fat (g)	1.50
Sodium (mg)	290
Carbs (g)	9
Protein (g)	19

