



CHICKEN AND WAFFLE CASSEROLE

October 20

National Chicken and Waffles Day

INGREDIENTS

- 10 Frozen Waffles (enriched or whole grain rich, at least 1.2 ounces each)
- 1 Pound Chicken Breasts (boneless, skinless)
- 8 Large Eggs
- ¾ Cup Milk
- ⅓ Cup Pure Maple Syrup (not pancake syrup)
- 2 Tablespoons Unsalted Butter (melted and slightly cooled; ¼ stick)
- ½ Teaspoon Kosher Salt

DIRECTIONS

1. Dice chicken into small cubes and cook in a skillet until no longer pink or reaches an internal temperature of 165°.
2. Preheat oven to 350°. Butter a 9×13-inch casserole dish, or spray with nonstick spray; set aside.
3. Place the waffles on one baking sheet and bake for about 7 minutes, until softened. Remove from the oven and cut them into cubes.
4. To the baking dish, add a single layer of chopped waffles. Top with half of the chicken pieces. Layer the remaining waffles and chicken.
5. In a mixing bowl, whisk together the eggs, milk, maple syrup, butter, cinnamon, and salt until well combined. Slowly pour the egg mixture evenly over the casserole, pressing down to ensure it's all soaked in (almost like a bread pudding).
6. Bake for 45-60 minutes and cut into 10 even pieces.

MEAL PATTERN CONTRIBUTION

 Grain

MEAL TYPE

 Breakfast

YIELD

10 Pieces

PORTION SIZES

Toddler	Preschool	School Age	Adult
½ Piece	½ Piece	1 Piece	2 Pieces