

Spicy Maple Glazed Chicken

1 LB chicken breast tenderloins (or boneless, skinless chicken breasts)

2 tsp of Montreal steak seasoning (spicy or regular)

1/4 cup maple syrup, plus 2 TB for finishing

1/2 cup sliced green onions

In a large zip top bag, combine maple syrup and seasoning. Drop in chicken tenders and coat. Marinate for 1-4 hrs before cooking. Heat a little canola oil in a skillet over medium-high heat. Add the chicken and cook until no longer pink and internal temp is 170 degrees. Remove chicken from skillet. Heat finishing syrup and green onions until just warm and serve over chicken.