



## Grilled Maple Peanut Chicken

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prep time:  
5 minutes

cook time:  
12 minutes

makes 4 servings

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### grocery list

reduced-fat crunchy peanut butter  
pure maple syrup  
fresh limes  
canned crushed pineapple  
**Kikkoman Soy Sauce**  
fresh garlic  
**Morton & Bassett Curry Powder**  
**Morton & Bassett Ground Red Pepper**  
4 (4-oz.) boneless, skinless chicken breast halves  
**Vanity Fair Napkins**

# grilled maple peanut chicken

1 cup reduced-fat crunchy peanut butter  
½ cup pure maple syrup  
2 tbsp. fresh lime juice  
½ cup canned crushed pineapple in juice  
2 tsp. **Kikkoman Soy Sauce**  
1 clove garlic, chopped  
½ tsp. **Morton & Bassett Curry Powder**  
Dash **Morton & Bassett Ground Red Pepper**  
4 (4-oz.) boneless, skinless chicken breast halves

1. Preheat oven to 350°F. Coat grill pan rack with nonstick cooking spray. Preheat grill pan to medium on stovetop.
2. In small bowl stir together peanut butter, maple syrup, lime juice, crushed pineapple, soy sauce, garlic, curry powder and red pepper.
3. Place chicken breasts on hot grill pan. Sear chicken breasts 1 minute on each side. Remove from heat and transfer chicken to a baking dish.
4. Top each chicken breast with peanut butter mixture. Bake until internal temperature reaches 165°F. Remove from oven and allow to cool. Chill until serving. Serve on your favorite picnic plates with **Vanity Fair Napkins**.

Per Serving: 603 calories, 62g carbohydrate, 36g protein, 26g fat, 6g saturated fat, 4g fiber, 50mg cholesterol, 766mg sodium

## cook's journal

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## kitchen tools

measuring cups  
measuring spoons  
chef's knife  
cutting board  
grill pan  
plastic spatula  
small bowl  
baking Dish  
meat thermometer  
Vanity Fair napkins

## recipe note

Maple Peanut Chicken is delicious served hot or cold.

## a good idea

For a peanut dipping sauce, substitute creamy peanut butter for the crunchy. Peanut sauce complements raw or cooked vegetables, beef or shrimp skewers and many noodle dishes.

