

Adapted from a recipe posted on [Visit Minnesota](#).



Maple Baked Chicken

4 chicken breasts
1 c maple syrup
1-1/2 c apple cinnamon oatmeal
1/2 c pecans
Salt and pepper

Preheat oven to 350F. In a food processor combine oatmeal and pecans and blend to a fine consistency. Place mixture in one bowl and maple syrup in another. Salt and pepper the chicken breasts to taste. Next cover the chicken in the syrup and coat with the oats. Place in a greased baking dish and bake for 40 minutes (or until chicken is thoroughly cooked).