



Omega-3 Maple Chicken

- $\frac{1}{2}$ cup Natunola® health's delight Shelled Flax Meal
- $\frac{1}{2}$ tsp. sea salt
- $\frac{1}{4}$ tsp. black pepper, or to taste
- $\frac{1}{2}$ tsp. dried thyme
- $\frac{1}{4}$ tsp. sage, ground
- 6 uncooked chicken breasts, boneless and skinless
- cooking spray
- 1 medium onion, thinly sliced
- $\frac{1}{4}$ cup maple syrup
- 1 cup fat-free chicken broth

Preheat oven to 350°F. Mix together Natunola® health's delight Shelled Flax Meal, sea salt, pepper, thyme and sage in a large plastic bag. Add chicken breasts one at a time to bag and shake to coat.

Spray a baking dish with cooking spray. Place coated chicken in dish. Layer onions over chicken. Mix together maple syrup and chicken broth. Pour over chicken. Cover and bake 1 hour, basting occasionally with pan sauce.

Yields 6 servings

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