



Praline Chicken (Crockpot)

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- 6 small or 3 large chicken breasts cut into chunks
- Creole seasoning
- 2 tbsp oil
- 1/2 cup Maple syrup (Pancake Syrup)
- 2 tbsp brown sugar
- 1 cup chopped pecans

Toss Chicken breast chunks with creole seasoning.

In a large skillet, heat oil over medium heat. Brown Chicken on all sides. It doesn't need to be cooked through.

After browned add chicken to crockpot.

In a bowl mix Maple Syrup, sugar, and pecans. Pour over chicken and cook in crockpot on low for 6 hours or high for 3 hours.

Serve over rice, baby spinach, whatever you choose.

Makes 6 servings