

## MAPLE GLAZED CHICKEN BREASTS

(Perth, Ontario 2009 Maple Tour)

3 lbs chicken breasts

4 tbsp. butter, melted

½ tsp lemon zest

½ cup pure Ontario maple syrup (medium or darker)

1 tsp. salt

dash pepper

2 tsp. lemon juice

Preheat oven to 350 F. Place chicken in shallow casserole dish and cover. Combine remaining ingredients and pour over chicken and bake for 50-60 minutes, basting EVERY 15 minutes.