



## **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

---

Natunola Health Inc.

Sales: 21 Antares Drive, Unit 123-124, Nepean, ON Canada K2E 7T8

Manufacturing Plant: 661 St. Lawrence Street, Winchester, ON Canada K0C 2K0

Tel: (613) 774-9998 \* Fax: (613) 774-2226 \* [flax@natunola.com](mailto:flax@natunola.com) \* [www.natunola.com](http://www.natunola.com)