

## **Creamy Maple Baked Chicken**

4 large chicken breasts (skin removed or skinless boneless)

Salt and Pepper

1 cup Maple Syrup

1 cup Ranch style Salad Dressing

Arrange chicken pieces in baking dish and sprinkle with desired amount of salt and pepper. Mix syrup and dressing together and pour over chicken pieces. Bake at 350 degrees for approximately 1 hour or until chicken is cooked through. Serve sauce over rice.

This can be done with skinless chicken pieces or pork chops. You can also use any flavour variation of the Ranch Dressing (Cheesy Ranch, Black Pepper Ranch, and Spicy Salsa Ranch all work well.)