

# Recipe / Maple perks up pancakes, chicken

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butter and maple syrup until butter melts. Add flour, oats, cinnamon, nutmeg, brown sugar and salt. Mix with a fork until mixture begins to clump together. (Streusel may be refrigerated overnight.)

Preheat oven to 375 degrees. Grease a 7x11 baking dish. Bring syrup and butter to a boil in a skillet. Reduce heat to low, stir in cranberries and brown sugar. Simmer 5 minutes until cranberries begin to soften and liquid is reduced slightly. Let cool.

Toss apples with flour and cinnamon in a bowl. Add cranberries with syrup and toss to combine. Pour into prepared dish. Sprinkle streusel over. Bake for 50-60 minutes, or until apples are tender and topping is golden.

Beat cream until thick. Add syrup. Beat until soft peaks form. Spoon warm crisp onto plates and top with a dollop of Maple Cream.

Per serving: 610 calories, 4 g protein, 78 g carbohydrate, 33 g fat (20 g saturated), 101 mg cholesterol, 25 mg sodium, 4 g fiber.

## Maple Almond Souffle Pancake

Serves 2

This light-as-air pancake makes a lovely breakfast or brunch dish or light dessert.

*3 large eggs, separated*  
*3 tablespoons pure maple syrup plus additional for serving*  
*2 tablespoons sour cream*  
*1 tablespoon butter or margarine*  
*¼ cup sliced almonds*

Preheat oven to 350 degrees. In a small mixing bowl with electric mixer, beat egg yolks until thick and pale, about 3 minutes. Mix in maple syrup and sour cream.

In another mixing bowl with clean beaters, beat egg whites on high speed until soft peaks form. Fold whites into yolk mixture.

Melt butter in an 8- to 9-inch nonstick skillet with an ovenproof handle. Sprinkle almonds over bottom. Spoon egg mixture over. Cook over low heat until sides begin to brown and the underside is golden when lifted with a spatula, about 5 minutes. Be careful not to burn the almonds. Transfer pan to oven and bake for 5 to 8 minutes or until top is puffed and browned. If necessary, loosen sides with a thin spatula. Slide omelet onto serving plate, flipping top half over bottom to fold in

half. Serve with additional syrup.

Per serving: 340 calories, 12 g protein, 24 g carbohydrate, 22 g fat (8 g saturated), 341 mg cholesterol, 106 mg sodium, 1 g fiber.

## Pecan-Crusted Chicken Breasts with Maple-Dijon Sauce

Serves 4

This is an ideal entree for entertaining. The chicken can be sauteed several hours ahead, leaving only the baking for last minute. The recipe can easily be doubled or tripled; simply saute the chicken in batches.

*½ cup and 3 tablespoons olive oil, divided*

*¼ cup and 4 tablespoons Dijon mustard plus more to taste*

*¼ cup dry white wine or dry vermouth*

*1 tablespoon minced garlic*  
*2 teaspoons finely chopped fresh sage leaves*

*4 skinless, boneless chicken breasts (without the tenderloin attached)*

*7 tablespoons pure maple syrup*  
*1½ cups finely chopped pecans*  
*1 cup all-purpose flour*  
*1 teaspoon sea salt*

*½ teaspoon freshly ground pepper*  
Whisk ½ cup olive oil, ¼ cup mustard, wine, garlic and sage in a bowl. Pour into a heavy Ziploc bag. Add chicken, turning to coat all sides. Refrigerate for at least 6 hours or overnight, turning once.

To make sauce: Whisk maple syrup with 4 tablespoons Dijon. Taste and add 1 or 2 more teaspoons Dijon to taste. (Sauce may be refrigerated overnight. Bring to room temperature before serving.) Mix pecans, flour, salt and pepper on a plate. Remove chicken from marinade. Coat chicken on both sides with pecan mixture. If time permits, refrigerate at least 1 hour to help crumbs adhere.

In a large skillet, heat remaining 3 tablespoons olive oil over medium-high heat until hot. Add chicken. Cook until golden, about 3 minutes per side. Place on greased, rimmed baking sheet. (Cooled breasts may be refrigerated covered for several hours.)

Preheat oven to 425 degrees. Bake chicken until cooked through, about 12 minutes, if at room temperature; 16-18 minutes, if chilled. Transfer to plates, drizzle with maple-mustard sauce and pass the rest.

The calories and other nutrients absorbed from marinades vary and

are difficult to estimate. Therefore, this recipe contains no analysis.

## Pear Salad with Blue Cheese, Hazelnuts & Maple Vinaigrette

Serves 6

Substituting maple syrup for some of the oil in the dressing reduces the acidity of the vinegar and keeps the dressing light. Because maple syrups vary in intensity and sweetness, add enough vinegar to give the dressing a little kick.

*Maple vinaigrette*

*3 tablespoons pure maple syrup*  
*1½ to 2 tablespoons sherry vinegar*  
*3 tablespoons canola oil*  
*1 tablespoon finely chopped shallots*  
*Salt and pepper to taste*

*Pears and salad*  
*3 firm, ripe Bartlett pears, halved and cored*

*3 tablespoons pure maple syrup*  
*Salt and pepper*

*2 heads butter lettuce (about 18 ounces total), torn into bite-size pieces*

*1 small head radicchio (about 6 ounces), torn into bite-size pieces*

*¼ cup crumbled blue cheese (about 4 ounces)*

*½ cup coarsely chopped hazelnuts, toasted*

To make vinaigrette: In a small jar, shake syrup, 1½ tablespoons vinegar, oil and shallots. Season with salt and pepper. Taste and add additional vinegar, if desired. (Vinaigrette may be refrigerated overnight.)

To roast pears: Preheat oven to 400 degrees. Place pear halves cut side down on work surface. Beginning about ½ inch from stem and leaving pear half intact, cut each lengthwise into ½-inch-wide slices. Press gently to fan slices. Place in shallow baking dish. Drizzle with syrup. Sprinkle with salt and pepper. Bake until pears are tender, 15 to 20 minutes. Cool at least 30 minutes or up to 4 hours.

In a salad bowl, combine lettuce and radicchio. Mix vinaigrette well, pour over salad, season with salt and pepper and toss. Divide among plates. Arrange a fanned pear half alongside greens. Sprinkle salads with blue cheese and nuts.

Per serving: 285 calories, 6 g protein, 32 g carbohydrate, 17 g fat (4 g saturated), 13 mg cholesterol, 245 mg sodium, 4 g fiber.



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