

SPICY FRENCH MAPLE DRESSING

- 1/4 cup maple syrup
- 1/4 cup vinegar
- 1/2 cup salad oil
- 3 Tbsp ketchup
- 1/4 tsp pepper
- 1/4 tsp garlic powder
- 1/4 tsp onion powder

Shake all ingredients together and pour over tossed salad.

MAPLE FRUIT SALAD DRESSING

- 1 Tbsp flour
- 1/4 cup lemon juice
- 1/2 cup maple syrup
- 1 cup whipped cream

Mix flour and lemon juice until there are no lumps, and stir in maple syrup. Cook this mixture stirring constantly until it is as thick as honey. Cool it and fold in whipped cream. Serve it with a tart fruit salad mixture.



FROZEN MAPLE DATE SALAD

- 8 oz cream cheese
- 1 cup maple syrup
- 1 can (20 oz) crushed pineapple, drained
- 2 cups whipped topping
- 1 cup dates, chopped
- 1 cup nuts, chopped

Beat cheese and syrup until smooth. Fold in dates and pineapple. Fold in nuts and whipped topping. Pour into oiled 1 1/2 quart mold. Freeze overnight. Un-mold and garnish with cherries and pineapple rings.

EASY MAPLE VINAIGRETTE DRESSING

- 5 Tbsp olive oil
- 2 Tbsp apple cider vinegar
- 1 Tbsp maple syrup
- 1 clove garlic, minced
- 1/4 tsp dry mustard
- 1 pinch dry dill
- salt and pepper to taste

Put all ingredients in a glass jar with a lid. Shake well before serving.

Maple Syrup: not just for pancakes anymore!



Maple Salads & Dressings

CREAMY FRUIT SALAD DRESSING

- 1 egg yolk
- 1/4 cup maple syrup
- 1/2 lemon
- 1/2 cup whipped cream

Beat egg yolk in double boiler. Add maple syrup. Cook until thickens (less than 1 min.). Cool. Fold in juice of lemon, and whipped cream.

MAPLE FRENCH DRESSING

- 1/4 cup salad oil
- 1/4 cup ketchup
- 1/4 cup dark maple syrup
- 1/8 cup vinegar
- 1/2 tsp garlic powder
- dash of pepper

Mix and keep in the refrigerator.



SPICY MAPLE SYRUP DRESSING

- 2 Tbsp maple syrup
- 1 Tbsp horseradish sauce
- 4 Tbsp red wine vinegar
- 5 Tbsp olive oil
- 1 clove garlic, finely crushed

Mix all ingredients together thoroughly. Chill and serve with salad or raw vegetables.

MAPLE BALSAMIC DRESSING

- 3 Tbsp balsamic vinegar
- 2 Tbsp maple syrup
- juice of 1 lime (about 1 Tbsp)
- 1 clove garlic, minced
- 1 tsp cilantro, finely chopped
- 1 tsp dry mustard
- 1 cup extra-virgin olive oil
- black pepper

Combine vinegar, syrup, lime, garlic, cilantro, and mustard in food processor or blender. Slowly add oil while motor is still running. Blend until dressing is emulsified. Add pepper to taste. Store in container in fridge. May be stored for several weeks. Shake well before using.



MAPLE MUSTARD CHICKEN SALAD

- 4 boneless, skinless chicken breast halves
- ½ tsp salt
- ¼ cup maple syrup
- 2 Tbsp mango chutney
- 1 Tbsp grainy mustard
- ¼ tsp pepper
- 8 cups mixed salad greens
- ¼ cup crumbled feta cheese
- ¼ cup toasted pumpkin seeds, chopped

In shallow pan, place chicken and sprinkle with salt. In small bowl, mix together maple syrup, chutney, mustard and pepper. Spoon ¼ cup of mixture over chicken, turning to coat; reserve remaining mixture. Marinate chicken for 30 minutes. Preheat broiler; arrange chicken on broiler pan. Broil about 5 minutes per side or until fork can be inserted with ease. Cool slightly; spread reserved syrup mixture over chicken and cut crosswise into thin strips. Place salad greens in large bowl and toss with Dressing. Arrange chicken on greens; sprinkle with cheese and pumpkin seeds.

Dressing: In small saucepan, place 2 Tbsp olive oil. Add 2 chopped cloves garlic and cook over medium low heat about 30 seconds. Stir in 2 Tbsp white wine vinegar, ½ tsp salt and ¼ tsp pepper. Remove from heat and cool.

HAM AND LIMA BEAN SALAD WITH MAPLE THYME DRESSING

- 2 cups lima beans
- 3½ tsp salt
- 1½ lbs lean, smoky, baked ham, diced
- 1 cup corn oil
- 1/3 cup maple syrup
- 1/3 cup cider vinegar
- 3 Tbsp finely minced fresh thyme
- 5 carrots, peeled, sliced thin

- Freshly ground black pepper
- 1 red-leaf lettuce
- 1 medium red onion, peeled, sliced thin

In large bowl combine beans with cold water to cover by at least three inches. Soak overnight. Drain beans and transfer to large, heavy pot. Add fresh cold water to cover, at least three inches, set over medium heat, bring to a boil, simmer 25 min., uncovered, stirring once or twice.

Stir in 2 tsp of the salt and continue to cook gently until the beans are just tender, 15-25 min. longer. Drain and transfer to a bowl. In a large skillet over medium heat combine the ham and 3 Tbsp of the corn oil. Cook, tossing and stirring often, until the ham is crisp and brown, 6 to 8 minutes. With a slotted spoon, transfer the ham to the bowl with the beans. Do not clean the pan.

With skillet on high heat, stir in the maple syrup, cider vinegar, and remaining corn oil. Boil, stirring and scraping to dissolve any browned bits from skillet. Stir in thyme, boil 1 min, pour hot dressing over ham and beans. Stir in carrots. Add remaining salt and generous grind of black pepper, stir again.

Cool to room temperature, cover, and refrigerate several hours or overnight. Allow the salad to return to room temperature. Adjust the seasoning. Line plates with lettuce leaves. Stir salad and divide it among plates, shaping each portion into a slight mound. Garnish each salad with onion. Drizzle remaining dressing over each salad, serve immediately.

Note: If fresh thyme is unavailable, cook 2-½ teaspoons of dried thyme in the water with the lima beans.

Yield: 6 servings

Compiled by Dolores Desalvo – Nutrition Community Educator with Cornell Cooperative Extension of Lewis County, NY in conjunction with The Eat Smart New York Program in 2007