## MAPLE BAKED SWEET ONIONS

6 sweet onions 1/3 cup maple syrup

1/4 cup butter, melted

Layer 1/2 inch thick sliced onions in a greased 13x9-inch baking pan. Combine syrup and butter, pour over onions. Bake, 40-45 minutes uncovered at 425° or until tender.

## **MAPLE-ROASTED BRUSSELS SPROUTS**

5 slices bacon 3 lbs Brussels sprouts 1/2 cup maple syrup 1 tsp kosher salt

Heat oven to 450°. Cut bacon crosswise into 1/2 inch strips, scatter on a large baking sheet, roast 10 minutes, stirring twice, or until fat is rendered and bacon is crisp. Remove bacon to paper towel to drain. Trim and halve Brussels sprouts lengthwise (if large, quartered). Toss Brussels sprouts in bacon drippings with maple syrup and salt. Roast 20 minutes, tossing twice. Stir in bacon pieces and continue to roast 3 to 5 minutes, until sprouts are golden and crisp-tender. Servings: 12

#### **MAPLE GLAZED CARROTS**

1 lb cooked carrots 1/4 cup maple syrup 1 Tbsp orange juice, frozen concentrate

Mix maple syrup and orange juice in small mixing bowl; pour over cooked and drained carrots. (If you don't have frozen juice, use 1 Tbsp orange Jello dissolved in warm syrup). Simmer for 5 to 10 minutes. Sprinkle with ginger, if desired. You can also use this recipe for yams.

## CARROTS, PECANS, AND FENNEL

2 cups prepared carrots 1/2 cup thinly sliced fennel,

or 1 tsp ground fennel seeds

1 Tbsp olive oil 1/4 cup maple syrup

1/4 cup roasted pecans 2 tsp cornstarch

1 Tbsp water 1 Tbsp chopped parsley

Peel and julienne carrots to prepare. Steam the carrots in a small amount of water, just until tender-crisp. Be sure not to overcook them. In a skillet, sauté the fennel in oil for 2 minutes. Add the syrup, pecans, and carrots, and simmer. In a small bowl, mix the cornstarch and water together. Add this mixture to the carrot mixture. Stir in the chopped parsley and serve hot. Servings: 4

#### MAPLE BAKED BEANS

1 lb dry white beans
1/2 cup chili sauce
2 tsp salt
3 slices bacon
1 cup maple syrup
1 onion, chopped finely
2 tsp dry mustard
3 cup boiling water

In large saucepan, cover beans with cold water. Bring to boil; turn off heat and let stand one hour. Drain. Meanwhile, in small bowl, combine maple syrup, chili sauce, onion, salt and mustard. Place half of the beans in 8-cup casserole, top with small cut up bacon pieces, then remaining beans. Pour in syrup mixture, then boiling water over all. Cover and bake in a preheated 300° oven about 7 to 8 hours, or until beans are very tender and sauce is thickened. Add water during cooking, if required, to keep beans moist.

#### **BAKED BEANS WITH MAPLE & RUM**

4 cups dry navy beans
1 cup maple syrup
2 qts water
1 Tbsp salt
1 tsp baking soda
2 tsp baking soda
3 tsp dry mustard
4 apples, cored & unpeeled
1 lb salt pork or ham
1 cup maple sugar
1 large onion
1 /2 cup butter
1 tsp dry mustard
1 /2 cup dark rum

Rinse beans, cover with cold water, soak overnight. Pour beans and water into large pot. Add baking soda and more water to cover beans. Bring to a boil uncovered and boil until some of the skins fall off when you blow on them. Line a bean pot with thin slices of the pork or ham, pour in beans and water. Roll onion in dry mustard completely and bury it in middle of the beans. Pour maple syrup and salt over top. Bake at 325° for 4 to 5 hours. At the start of the last hour, place whole apples on top as close together as possible. Cream maple sugar and butter together and spread over top of apples. Pour rum over top just before serving:





# Maple Veggies

#### MARINATED ASPARAGUS

2 lb asparagus 1/2 tsp salt
1 1/4 tsp sugar 2 Tbsp soy sauce
1 Tbsp sesame seed oil 1/2 cup maple syrup

Break off and discard the tough ends of the asparagus. Wash and drain the asparagus. Roll cut into 1 1/2 inch sections. Bring 4 to 6 quarts of water to boil in a large saucepan. Blanch asparagus for 1 minute. Meanwhile, prepare a sink full of cold water and add a tray or two of ice cubes. When the asparagus has been blanched, drain the water and pour the asparagus into the ice water to stop the cooking process. Asparagus will turn bright green. Drain well. Place the blanched asparagus in a serving bowl, add the remaining ingredients, toss, and mix well. Chill 20 to 30 minutes before serving.

#### **GREEN BEAN SALAD**

3 cups fresh green beans, halved

1/2 cup lemon-basil salad dressing

1/2 red onion, thinly sliced 1/2 red bell pepper, diced

1 stalk celery, chopped thin 1/2 cup maple syrup

1. Then capers (optional) Salt and pepper to taste

1 Tbsp capers (optional) Salt and pepper to taste

Cook fresh beans until just tender. Drain and transfer to large bowl. Stir in dressing and rest of the ingredients. Cool thoroughly and refrigerate for at least 1 hour before serving.

#### **SAUERKRAUT SALAD**

1 can sauerkraut (28 oz) 1/2 cup onion

1/2 cup green pepper 1/2 cup chopped celery

1/2 cup cider vinegar 1/2 cup olive oil

1/2 cup maple syrup or to taste

Mix drained sauerkraut, chopped onion, chopped pepper, and chopped celery. Add vinegar, oil, and maple syrup. Refrigerat, keeps well for 1 week. Serves 6-8

# MAPLE-GLAZED BUTTERNUT SQUASH

1 butternut squash 4 Tbsp maple syrup 1/4 tsp ground mace 4 Tbsp dark rum 2/3 cup water

Take the squash and peel, seed, cut into half-inch slices. Place all ingredients in a large saucepan. Bring to a boil. Simmer for 15 min., or until the squash is tender. Reserve cooking liquid. Transfer the squash to a heated serving dish. Boil the cooking liquid until thickened, then pour it over the squash. Serves 4

# MASHED MAPLE BUTTERNUT SQUASH WITH PECANS

3 pounds butternut squash 1/4 cup butter 1/4 cup real maple syrup 1/4 cup chopped pecans 1/2 cup chopped toasted pecans

Peel cook, mash and puree the squash with the butter and maple syrup until smooth. Fold in the chopped pecans. Place in a greased casserole. Sprinkle the pecans on the top of the dish. Bake at 350° for 20-25 minutes to warm through and lightly toast the whole pecans. Servings: 6



# CREAMED BUTTERNUT AND APPLE SOUP

5 pounds butternut squash 1-1/2 pounds apples 1 cinnamon stick (1-inch) 1/2 gallon chicken stock 11/2 cups unsalted butter 1/3 cup pure maple syrup 1/2 tsp ginger 1/2 tsp salt

1/2 tsp nutmeg 1 pint light cream, hot

Steam the peeled and diced butternut squash, quartered apples, cinnamon, and chicken stock together until the squash is soft. Run through a food mill and return to the pot. Add the remaining ingredients except cream and simmer fifteen minutes. Add the cream, strain, and serve.

#### **GLAZED SWEET POTATOES**

4 sweet potatoes 1 can (20oz) sliced pineapple

2 Tbsp butter 1 cup maple syrup

1/4 cup pineapple juice

Boil the potatoes with their jackets on until they are tender. Cool slightly. Peel them and slice in pieces <sup>3</sup>/<sub>4</sub> inch thick. Lay a slice of sweet potato over a slice of pineapple and lay the paired slices in a flat glass baking dish. Beat the maple syrup and the pineapple juice in a saucepan and add the butter. Pour the liquid over the pineapple and potatoes and set in moderate oven until done. Baste often while baking.

#### **SPICY SWEET POTATO WEDGES**

3 large scrubbed sweet potatoes 1 Tbsp vegetable oil 1 tsp sugar 1 tsp chili powder 3/4 tsp salt 3 Tbsp maple syrup

1 tsp cider vinegar

Heat oven to 475°. Cut 3 large scrubbed sweet potatoes into 1/2 -inch wide wedges. Toss with vegetable oil, sugar, chili powder, and salt. Spread on lightly greased baking sheet. Roast 15 to 20 minutes, shaking once during cooking. Drizzle with maple syrup mixed with cider vinegar. Servings: 4

# RED CABBAGE BRAISED WITH MAPLE SYRUP

5 strips bacon, minced 1 onion, minced 1 tart apples, peeled, sliced 1 lb red cabbage, cored 1/2 cup maple syrup

Ground pepper

Preheat oven to 350°. In an ovenproof saucepan or a flameproof casserole large enough to hold all the ingredients, sauté the bacon until crisp. Add the onion and sauté until translucent. Add the remaining ingredients, cover, and place in the oven; bake for 1/2 hour.



## **MAPLE-GLAZED SHALLOTS**

1 1/2 lbs small shallots, peeled 1/4 butter
3 Tbsp maple syrup 2 Tbsp lemon juice
Salt and pepper

Leave the shallots whole. Melt the butter in a heavy pan large enough to take the shallots in a single layer. Fry the shallots until patched with brown, about 5 minutes. Drizzle over the maple syrup and stir for about 1 minute. Now add the lemon juice, salt and pepper and just enough water to cover. Bring to the boil, then reduce heat and simmer gently, stirring every now and then, until the shallots are very tender (add a little more water if necessary) and there is only a thin layer of syrup left in the pan, about 30 to 40 minutes.

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