

MAPLE-PEACH MILK SHAKE

Recipe by Cooking Light



This falvorfull milkshake is made by blending maple syrup, peaches, low-fat frozen yogurt, and low-fat milk.

INGREDIENTS

- 1 1/4 cups 1% low-fat milk
- 1 cup vanilla low-fat frozen yogurt
- 6 tablespoons Grade B maple syrup
- 1 teaspoon fresh lemon juice
- 1/4 teaspoon salt
- 14 ounces chopped peeled peaches, frozen

HOW TO MAKE IT

Combine all ingredients in a blender; process until smooth. Divide mixture among 4 glasses.

HANDS-ON TIME

9 Mins

TOTAL TIME

9 Mins

YIELD

Serves 4 (serving size: about 1 cup)

MAPLE-APPLE UPSIDE-DOWN CAKE

Recipe by Food & Wine



The maple syrup in this upside-down cake infuses the apples into the cake, making this dessert taste like apple pancakes.

INGREDIENTS

1 cup pure maple syrup
3 Granny Smith apples,
—peeled, cored and cut into eighths
2 cups all-purpose flour
1 teaspoon baking powder
1/2 teaspoon baking soda
1 teaspoon salt
3 large eggs
3/4 cup buttermilk
1 tablespoon pure vanilla extract
1 1/2 sticks unsalted butter, softened
1 1/3 cups sugar
Crème fraîche, for serving

HOW TO MAKE IT

Step 1: Preheat the oven to 350°. Butter and flour a 10-inch round cake pan. In a large saucepan, bring the maple syrup to a boil over high heat, then simmer over low heat until very thick and reduced to 3/4 cup, about 20 minutes. Pour the thickened syrup into the cake pan. Arrange the apples in the pan in 2 concentric circles, overlapping them slightly.

Step 2: In a bowl, whisk the flour, baking powder, baking soda and salt. In a glass measuring cup, whisk the eggs with the buttermilk and vanilla. In the bowl of a standing electric mixer fitted with the paddle, beat the butter and sugar at medium speed until fluffy, about 3 minutes. Beat in the dry and wet ingredients in 3 alternating batches until the batter is smooth; scrape down the side of the bowl.

Step 3: Scrape the batter over the apples and spread it in an even layer. Bake the cake for 1 hour, until golden on top and a toothpick inserted in the center comes out clean. Let the cake cool on a rack for 45 minutes.

Step 4: Place a plate on top of the cake and invert the cake onto the plate; tap lightly to release the cake. Remove the pan. Let the cake cool slightly, then cut into wedges and serve with crème fraîche.

HANDS-ON TIME

25 Mins

TOTAL TIME

2 Hours 30 Mins

YIELD

12

DOUBLE-MAPLE CUPCAKES

Recipe by Cooking Light



These pint-size desserts feature maple syrup in both the cupcake and the frosting. Top them with a walnut or crumbled bacon.

INGREDIENTS

Cupcakes:

- 1/2 cup granulated sugar
- 5 tbs butter or stick margarine, softened
- 1 teaspoon vanilla extract
- 1/2 teaspoon imitation maple flavoring
- 2 large eggs
- 1 1/4 cups all-purpose flour
- 1 1/4 teaspoons baking powder
- 1/4 teaspoon salt
- 1/4 cup 1% low-fat milk
- 1/4 cup maple syrup

Frosting:

- 3 tablespoons maple syrup
- 2 tbs butter or stick margarine, softened
- 1/2 teaspoon vanilla extract
- 1/2 teaspoon imitation maple flavoring
- 1/8 teaspoon salt
- 1 3/4 cups powdered sugar

HOW TO MAKE IT

Step 1: Preheat oven to 350°.

Step 2: To prepare cupcakes, beat first 4 ingredients at medium speed of a mixer until well-blended (about 5 minutes). Add eggs, 1 at a time, beating well after each addition. Lightly spoon flour into dry measuring cups; level with a knife. Combine flour, baking powder, and 1/4 teaspoon salt in a bowl, stirring well with a whisk. Combine milk and 1/4 cup maple syrup. Add flour mixture to sugar mixture alternately with milk mixture, beginning and ending with flour mixture; mix after each addition.

Step 3: Spoon batter into 12 muffin cups lined with paper liners. Bake at 350° for 20 minutes or until a wooden pick inserted in center comes out clean. Cool in pan 10 minutes on a wire rack; remove from pan. Cool completely on wire rack.

Step 4: To prepare the frosting, beat 3 tablespoons maple syrup and next 4 ingredients (syrup through 1/8 teaspoon salt) at medium speed of a mixer 1 minute. Gradually add the powdered sugar, beating just until blended (do not overbeat). Spread the frosting over cupcakes.

YIELD

1 dozen
(serving size: 1 cupcake)

SMOKY “BAKED” BEANS

Recipe by Cooking Light



This global mash-up of a summer classic replaces the standard chili sauce with Korean gochujang.

INGREDIENTS

4 ounces thick-sliced bacon, cut into 1/2-inch squares
1 cup chopped onion
2 tablespoons chopped fresh thyme
5 garlic cloves, minced
5 cups water
3 tablespoons cider vinegar
1/2 cup unsalted ketchup
1/2 cup maple syrup
3 tablespoons lower-sodium soy sauce
2 tablespoons dry mustard
2 tablespoons gochujang (Korean red chile paste)*
1 1/2 cups dried Great Northern beans
1/2 cup dried red lentils

HOW TO MAKE IT

Step 1: Heat bacon in a Dutch oven over medium heat. Cook 8 minutes. Add onion, thyme, and garlic to pan. Cook 6 minutes. Add 5 cups water and next 6 ingredients (through gochujang); bring to a boil.

Step 2: Place beans, lentils, and ketchup mixture in a 6-quart slow cooker. Cover and cook on HIGH for 7 hours.

*If you don't have gochujang on hand or want to pass on the slight heat it brings, use tomato paste.

HANDS-ON TIME

25 Mins

TOTAL TIME

7 Hours 25 Mins

YIELD

Serves 10 (serving size: 3/4 cup)

FRESH BERRIES WITH MAPLE CREAM

Recipe by Oxmoor House



By stirring a touch of maple syrup into sour cream, you get a sweet, creamy sauce to add as a topping for all kinds of fresh fruit.

INGREDIENTS

3/4 cup fat-free sour cream
1/4 cup maple syrup
1 cup fresh blueberries
1 1/2 cups fresh raspberries

HOW TO MAKE IT

Step 1: Combine sour cream and maple syrup in a small bowl; stir with a whisk.

Step 2: Combine berries, and spoon into dessert dishes; pour maple cream over berries.

HANDS-ON TIME

4 Mins

YIELD

4 servings (serving size: about 2/3 cup berries and 1/4 cup maple cream)

SPICY PORK TENDERLOIN WITH GINGER-MAPLE SAUCE

Recipe by Cooking Light



This easy recipe is loaded with flavor. The maple syrup and spice blend together offering sweetness with a kick.

INGREDIENTS

2 teaspoons chili powder
1 1/4 teaspoons salt
1 teaspoon black pepper
1 teaspoon ground cinnamon
1 1/2 pounds pork tenderloin, trimmed
Cooking spray
2 tablespoons butter
1 cup chopped onion
2 tablespoons ground fresh ginger
1 cup fat-free, low-sodium chicken broth
1/2 cup maple syrup

HOW TO MAKE IT

Step 1: Preheat oven to 375°.

Step 2: Combine first 4 ingredients in a small bowl; rub pork with spice mixture. Refrigerate 30 minutes.

Step 3: Heat a large nonstick skillet coated with cooking spray over medium-high heat; add pork. Cook 6 minutes; brown on all sides. Place on a broiler pan coated with cooking spray. Bake at 375° for 30 minutes or until thermometer registers 155°. Let stand 10 minutes before slicing.

Step 4: While pork bakes, melt the butter in a medium saucepan over medium-high heat. Add the onion, and cook 10 minutes or until golden brown, stirring frequently. Add ginger, and cook 4 minutes. Stir in broth and syrup, scraping pan to loosen browned bits. Bring broth mixture to a boil; cook until reduced to 3/4 cup (about 10 minutes). Cut pork into 1/4-inch-thick slices; serve with sauce.

YIELD

6 servings
(serving size: 3 ounces pork
and 2 tablespoons sauce)