

# Maple Salmon and Broccoli with Rice

Chunks of flaky grilled salmon, crisp-tender broccoli florets, and onion wedges tossed together with a hint of flavor and sweetness from maple syrup, served over hot cooked rice!

Yield:

4 servings

Ingredients:

1/4 cup oil

1 pound broccoli florets (2-3 heads, trimmed)

1 large or 2 medium red onions, cut into wedges or thick half-slices

3/4 teaspoon salt

Dash of pepper

1/4 cup pure maple syrup

1 – 1 1/2 pounds of your favorite grilled salmon\*, cut into 1-inch chunks

3 cups hot cooked rice\*\* (1 cup [dry] before cooking)

Instructions:

1. Heat a heavy skillet (such as cast iron) or non-stick skillet over medium heat until hot. Add oil, and then toss in the broccoli florets and onion wedges. Stir and cook for a few minutes, until broccoli is crisp-tender and onions are turning translucent. Sprinkle salt and pepper and stir.

2. If using leftover (cold) salmon, add to fried mixture, reduce heat to low or warm, and cover with a lid for a few minutes until hot. If using freshly-grilled or baked salmon (still warm or hot), add to fried mixture and stir gently.

3. Stir in maple syrup. Serve salmon and broccoli over the hot

cooked rice.



This recipe is from Tammy's Recipes.

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## Waffles

Delicate sugar-free waffles with a light buttery taste

Yield:

2-3 Servings

Ingredients:

- 2 cups sifted flour\*
- 4 teaspoons baking powder
- 1/2 teaspoon salt
- 2 eggs, separated
- 1 1/4 cup milk
- 6 tablespoons butter, melted

Instructions:

1. In mixing bowl, sift together the flour, baking powder, and salt.
2. In separate bowl, beat egg whites until soft peaks form.
3. In another bowl, beat egg yolks with milk. Add melted butter to egg mixture and stir. Add flour mixture also, stirring to remove most lumps. Finally, fold in egg whites.
4. Cook on pre-heated waffle maker until browned. Top with butter and jam, strawberry syrup or real maple syrup of your choice.



This recipe is from Tammy's Recipes.

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## Homemade Belgian Waffles

Soft and sweet homemade Belgian waffles

Yield:

15-16 waffles (4.5-inch squares)

## Ingredients:

2 cups all-purpose flour  
3/4 cup sugar  
3 1/2 teaspoons baking powder  
2 eggs, separated  
1 1/2 cups milk  
1 cup (2 sticks) butter, melted  
1 1/2 teaspoons vanilla extract  
Fresh fruit, jam, or real maple syrup

## Instructions:

1. In a large bowl, combine flour, sugar, and baking powder.
2. In another bowl, beat egg whites until stiff peaks form.
3. In yet another bowl, lightly beat egg yolks and then add milk, butter, and vanilla, mixing well. Stir into dry ingredients just until moistened. Fold egg whites into batter.
4. Bake in a pre-heated waffle iron according to manufacturer's instructions, until golden brown.\* I like to set a timer so I don't have to keep checking, or risk forgetting to take the waffles out on time!
5. Serve warm with fresh fruit, jam, or real maple syrup.

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# Balsamic Maple Brussels Sprouts and Cauliflower

Tender

brussels sprouts and cauliflower florets sauteed with onions and tossed

with balsamic vinegar and maple syrup for a lightly sweet, tangy flavor!

Yield:

6-8 servings

Ingredients:

1 pound brussels sprouts, washed

1 pound cauliflower florets, washed and cut bite-size

1 large red onion, thickly sliced

2 tablespoons oil

salt, to taste

dash of black pepper

pinch of granulated garlic or garlic salt

2 tablespoons Balsamic vinegar

1/4 cup pure maple syrup

Instructions:

1.  
Bring a large pot of water to a rolling boil. Add brussels sprouts to the boiling water, cover, and boil for 6-8 minutes, until brussels sprouts are hot in the middle (don't over cook).

2. Add cauliflower florets to the brussels sprouts in the pot, and cook for 3-4 minutes, just until cauliflower is starting to get tender.  
Drain water.

3. In a heavy skillet, saute onions in oil over medium-high heat for about 2 minutes until slightly browned but still crisp.

4. Add the still-hot brussels sprouts and cauliflower to skillet and cook and stir for a couple minutes. Season with salt, pepper,

and  
garlic. Remove skillet from heat.

5. Pour vinegar and maple syrup over vegetables, tossing gently to coat. Serve hot in bowls.

Leftovers are good cold, too!



Balsamic Maple Brussels Sprouts and Cauliflower

This recipe is from Tammy's Recipes.

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## Maple Rosemary Bean Salad

A  
flavorful medley of kidney beans, black beans, green beans and artichokes seasoned with rosemary and lightly sweetened with maple syrup

Yield:

8 servings

Ingredients:

1 can (15 ounces) cut green beans, drained (OR 1 1/2 cups cut cooked green beans from fresh or frozen)

1 can (15 ounces) dark red kidney beans, drained (or 1 1/2 cups cooked dark red kidney beans)

2 cans (15 ounces each) black beans, partially drained

1 can (15 ounces) marinated artichoke hearts, drained and cut into bite-size chunks (about 1 cup)

1/3 cup finely chopped onion

3 tablespoons balsamic vinegar

6 tablespoons pure maple syrup

1/2 teaspoon salt

1 1/2 tablespoons dried rosemary

1/2 teaspoon poultry seasoning

1/2 teaspoon granulated garlic (or 1 clove freshly minced garlic)

2 tablespoons olive oil

Instructions:

1.

In large mixing bowl, combine all ingredients and toss to coat.

Refrigerate for 4-6 hours to allow flavors to combine. Serve bean salad

cold or at room temperature.

Bean salad will keep in the fridge for up to a week.



## Maple Rosemary Bean Salad

This recipe is from Tammy's Recipes.

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# Strawberry Spinach Salad

Fresh baby spinach leaves and sliced strawberries tossed with red onion and feta cheese in a light vinaigrette dressing

Yield:

8 servings

Ingredients:

Salad Ingredients:

8-9 ounces fresh baby spinach leaves, washed and dried

1/2 cup quartered and thinly sliced red onion

1 pound fresh strawberries, washed, hulled, and sliced (about 3 cups of sliced strawberries)

1 cup (about 4 ounces) crumbled feta cheese

1 cup Maple Glazed Walnuts, optional (but delicious!)

Dressing Ingredients:

Juice and zest of 1 lemon (about 1/2 to 1 teaspoon of zest and about 1/4 cup juice)

1 tablespoon red wine vinegar

2 tablespoons pure maple syrup

1 teaspoon salt

dash black pepper

1/3 cup olive oil

Instructions:

1. Place spinach and red onion in large mixing bowl.

2. Make dressing by combining dressing ingredients in a jar or blender and blending or shaking until well-mixed. Pour about 3/4 of the dressing over spinach and toss gently to coat.

3. Add strawberries and feta cheese (and walnuts if using) and stir gently, adding more dressing if needed to coat.

Serve chilled or at room temperature. Salad is best eaten within a few hours of mixing.



Strawberry Spinach Salad

This recipe is from Tammy's Recipes.

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# Maple Salmon and Broccoli with Rice

Chunks

of flaky grilled salmon, crisp-tender broccoli florets, and onion

wedges tossed together with a hint of flavor and sweetness from maple

syrup, served over hot cooked rice!

Yield:

4 servings

Ingredients:

1/4 cup oil

1 pound broccoli florets (2-3 heads, trimmed)

1 large or 2 medium red onions, cut into wedges or thick half-slices

3/4 teaspoon salt

Dash of pepper

1/4 cup pure maple syrup

1 – 1 1/2 pounds of your favorite grilled salmon\*, cut into 1-inch chunks

3 cups hot cooked rice\*\* (1 cup [dry] before cooking)

Instructions:

1.

Heat a heavy skillet (such as cast iron) or non-stick skillet over

medium heat until hot. Add oil, and then toss in the broccoli florets

and onion wedges. Stir and cook for a few minutes, until broccoli is

crisp-tender and onions are turning translucent. Sprinkle salt and pepper and stir.

2. If using leftover (cold) salmon, add to fried mixture, reduce heat to low or warm, and cover with a lid for a few minutes until hot. If using freshly-grilled or baked salmon (still warm or hot), add to fried mixture and stir gently.

3. Stir in maple syrup. Serve salmon and broccoli over the hot cooked rice.



Maple Salmon and Broccoli with Rice

This recipe is from Tammy's Recipes.

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# Maple Glazed Walnuts

Walnut halves tossed with cinnamon and pure maple syrup on the stove top for a delicious sweet glaze!

Yield:

2 cups of glazed nuts

Ingredients:

2 cups walnut halves and pieces\*

1 tablespoon butter

pinch of salt

1/2 teaspoon ground cinnamon

1/3 cup pure maple syrup

Instructions:

1. Measure ingredients (or have nearby) before starting so they are ready when needed.

2. In a heavy or non-stick skillet (I used stainless steel) over medium-high heat, melt butter. When butter is melted, quickly stir in the salt and cinnamon.\*\* Stir in maple syrup and then stir in the nuts.

3. Continue stirring over medium-high heat as the nuts are getting hot and the syrup is bubbly. Stir constantly as the syrup bubbles and then begins to thicken around the walnuts.

4. The nuts are done when the syrup is a thick glaze on the nuts.

Remove pan from heat and lay nuts on a plate (not plastic) to cool.

Enjoy as a snack or on top of salads! ☐



Maple Glazed Walnuts

This recipe is from Tammy's Recipes.

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# Cranberry Oatmeal Blender Pancakes

Yield:

4 servings

Ingredients:

1 1/4 cups milk

3/4 cup whole wheat berries OR 1 1/8 cups whole wheat flour

1/2 cup rolled oats or quick oats

2 eggs

1 teaspoon ground cinnamon

2 teaspoons baking powder

1/4 cup (packed) brown sugar

1/8 teaspoon salt

1 1/2 cups fresh whole cranberries, washed

Butter and/or maple syrup, for serving

Instructions:

1. Preheat a heavy skillet or griddle over medium heat.
2. In a blender, combine the milk and wheat berries. Blend on HIGH for 4 minutes.\* If you are using whole wheat flour rather than wheat berries, blend until the flour and milk are well-mixed. (Stop and scrape the sides of the blender once if needed.)
3. Add the oats, eggs, cinnamon, baking powder, brown sugar, salt, and half of the cranberries to the blender. Blend on a medium or high speed for about a minute, until well-blended. If anything has stuck to the sides of the blender, scrape the sides and blend for another moment. You should have a slightly pink, fairly thin pancake batter.\*\*
4. Stir in the remaining cranberries (whole). Because the cranberries float, you won't be able to pour the batter onto the griddle to cook. Instead, use a ladle to scoop the batter and drop onto the preheated griddle. (Lightly oil griddle first if you think they might stick; I use cast iron and use a little oil for the first pancake and then no additional oil.)
5. Cook pancakes at a moderate pace – not too quickly though, or the cranberries will still be crunchy inside! I've found that

these  
pancakes take only slightly longer than plain wheat pancakes.  
I wait for  
the first few “pops!” from the cranberries before I flip the  
pancake.

Enjoy hot with butter and/or maple syrup!

Leftover pancakes can be frozen in a ziplock bag. Re-heat  
(thawed or from frozen) in a toaster before serving.



Cranberry Oatmeal Blender Pancakes

This recipe is taken from Tammy's Recipes.

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## **Granola (adapted for our family from Tammy's Recipes)**

Granola

Yield:

10 cups

Ingredients:

6 c rolled oats

1/2 c brown sugar (or better yet, maple sugar...slightly less is necessary)

3/4 c wheat germ

1/2 c flaked coconut

1/4 c sesame seeds (skip most of the time)

1 c chopped walnuts, almonds, pecans, golden flax seeds, or raw sunflower seeds (I use walnuts or almonds and sunflower seeds, chia seeds, and ground flax and I use more than a cup total...probably closer to 2 cups total)

1/2 c nonfat dry milk

2/3 c honey (or better yet, maple syrup, use same amount)

2/3 c vegetable oil (I prefer canola oil...it is healthier)

2 T water (I just use milk instead of water here and if things seem too dry because of added nuts etc, add another one tablespoon)

1 1/2 t vanilla (not necessary if you are going for maple flavor, but add equal amount of milk instead)

1 c raisins (Don't add until serving)

Instructions:

1. In a large bowl combine oats, brown sugar, wheat germ, coconut, sesame seeds, sunflower seeds, and nonfat dry milk (in other words, all the dry stuff).

2. Combine honey, oil, water, and vanilla (all the wet stuff). Add to oat mixture and mix thoroughly.

3. Turn into two large shallow greased baking pans or cookie sheets. Heat in 300 degree oven for 30-40 minutes or until lightly toasted. Stir twice during heating.

4. Let cool for 15 minutes after removing from the oven and then stir again. Store in tightly sealed container. Add raisins before serving, or not at all.

Additional Notes:

Granola will be "wet" even when it is done baking. It doesn't dry out or become crispy until it is cooling. So don't worry

if it looks like it didn't turn out!

If stored in a sealed container or bag, away from sunlight or humidity, your granola will last a number of weeks. Granola may also be frozen for longer storage.

This recipe can be totally adapted using different nuts and seeds.

I usually double this recipe because it goes over really well. Also, this is a hearty breakfast and will keep an adult satisfied until lunch!