

# MAPLE

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Harvest of the Month provides resources for the cafeteria, classroom, and community to promote the use of local, seasonal foods.

## Kid-friendly eating tips

- Drizzle vegetables with maple syrup before roasting
- Sweeten homemade vinaigrette dressing with maple syrup
- Stir syrup into plain yogurt for a sweet treat

## Cooking Tips

- Substitute maple syrup for white sugar in baked goods- decrease the liquid in your recipe by 2-4 Tbsp for each cup of syrup used
- Reserve dark maple syrup for baking or cooking



## Storage Tips

- Unopened containers of maple syrup can be kept in a cool, dry place Refrigerate once opened
- Maple products, including syrup, can be frozen

## Tidbit

Vermonters have been boiling maple syrup for centuries- Native Americans in the region used maple syrup for both food and medicine. Today, it continues to be a staple in our region and is one of the most versatile and delicious ways to sweeten dishes. Drizzle syrup on pancakes, incorporate into a vinaigrette or sauce, or substitute maple syrup for sugar or honey in any recipe.

## Recipes

### Maple Granola

**Yield:** 5 cups

#### Ingredients:

- 4 1/2 cups old fashioned oats
- 1/4 cup raisins
- 1/4 cup dried apple slices
- 2 Tbsp. flaxseed
- 2 tsp. ground cinnamon
- 1/2 cup vegetable oil
- 1/2 cup maple syrup

#### Directions:

1. Preheat oven to 350°F.
2. Combine all dry ingredients, except dried fruit, and stir until everything is well distributed. Add oil first and then liquid sweetener, and stir until well combined.
3. Pour out onto a large rimmed cookie sheet and place in oven. Bake for a total of about 20 minutes, stirring every five minutes.
4. Granola is done when it is browned and crispy. Remove from the oven. Mix in dried fruit.

Source: GMFTS

### Roasted Roots with Maple Glaze

**Yield:** 4-6 servings

#### Ingredients:

- Canola or olive oil
- 1 1/2 lbs mixed root vegetables
- Salt and pepper, to taste

#### Glaze Ingredients:

- 1 Tbsp. maple syrup
- 1 Tbsp. butter

#### Directions:

1. Preheat oven to 400° F.
2. Wash vegetables and chop into chunks.
3. Toss in just enough oil to coat, plus salt and pepper.
4. Arrange in a single layer on a sheet pan.
5. Roast for 45 minutes or until tender, stirring occasionally.
6. While the veggies roast, make your glaze in a small saucepan. Melt butter on low heat, then stir in maple syrup. As soon as ingredients are combined, turn off heat.
7. Top roasted veggies with glaze, and serve hot.

Source: GMFTS

Maple Granola

Roasted Roots with Maple Glaze