

Hurry Hill Maple Asparagus

1 T Maple Mustard
1 T Mayonnaise
Mix together.
Fresh Asparagus

Steam asparagus until barely tender. Immediately place on a platter in a single layer. Cool quickly in refrigerator or freezer. Drizzle mixture over asparagus and serve immediately.

Ice Cream

Two scoops of vanilla ice cream
Two tablespoons of Pure Maple Syrup

Maple Milk

1 TALL glass of COLD milk
1 Tablespoon Maple Syrup
Mix and enjoy!

Email us to receive notices about Maple Products for sale and our upcoming
Hurry Hill Maple Farm Cookbook at

Email: hurryhillfarm@verizon.net

Website: www.hurryhillfarm.org

*It's Not Just for
Pancakes Anymore*



Maple Pecan Chicken

1 Cup Chopped Pecans

½ Cup Plain Bread Crumbs

¼ teaspoon salt

Mix above ingredients together

½ Cup Dark Maple Syrup

2 Large or 4 Small Chicken Breasts

Dip chicken into syrup. Press both sides of chicken into pecan mixture. Saute in fry pan with 2 Tablespoons Oil and 1 Tablespoon Butter about 10 minutes per side on medium/high. Check with meat thermometer.

Maple Sweet Potato

Slice large Sweet Potato in half

Bake in oven

Butter and sprinkle with Pure Maple Crumb

Sweet Potato, Spinach and Grain Salad

1 med sweet potato

1 med onion

1 T olive oil

1 T smoked paprika

1 cup cooked grain (rice, quinoa, millet, barley)

Fresh spinach – 3 - 4 cups

Dressing

2 T lime juice

2 T Pure Maple Syrup

2 T olive oil

¼ C cilantro

Preheat oven to 350 degrees F.

Cook grain and let cool.

Peel sweet potato and cut into ¼ inch cubes. Toss with olive oil, onion and paprika in a shallow baking dish. Bake until tender (about 20 to 30 minutes) stirring one or twice. Cool to room temperature.

Mix grain, sweet potato mixture and spinach.

Whisk dressing ingredients and pour over salad. Mix well.