

# RECIPES

## Apple Pancakes with Spicy Yogurt and Cider Syrup

Cider syrup is simply an apple cider reduction. The apple cider is cooked down to a thick amber syrup, which concentrated the natural sugar and rich apple flavor. Because this recipe starts with a pancake mix, it is quick and easy. Purchase a whole-wheat mix that requires adding eggs and milk, not the complete just-add-water type. Use homemade applesauce or the chunky commercial style. Great for a weekend brunch!

6 cups apple cider  
1 cup plain yogurt  
1/2 teaspoon cinnamon  
1/4 teaspoon nutmeg  
6 tablespoons chunky applesauce  
2 cup whole-wheat pancake mix  
2 cup skim milk  
2 egg, slightly beaten (or 1 whole egg plus one egg white)  
6 tablespoons chunky applesauce  
Canola oil  
Extra cinnamon for garnish

Start by making the syrup; pour the cider in a pot that is large enough to be no more than half filled. Place the pan over high heat, and bring to a boil. Reduce the heat to medium, very slow boil, and cook for about 30 minutes. Cook until the cider is reduced to one cup. Set aside. (Syrup can be made in advance. Keeps for about one week in the refrigerator. Warm or bring to room temperature before serving.) Next, in a small bowl, combine yogurt, cinnamon, nutmeg, and 6 tablespoons applesauce. Refrigerate until ready to serve. In a large bowl, combine milk, eggs, and 6 tablespoons applesauce. Stir in pancake mix. Mix well enough to moisten, do not over mix. If the batter is too thick add a little water. Heat a large non-stick skillet or griddle over medium heat. When skillet is hot, lightly grease. Add batter, making medium pancakes, about 1/2 cup batter per pancake. Cook until tiny bubbles form on top, peek under the edge, turn when pancake is golden brown and continue to cook. Place on a platter and keep pancakes and 4 serving plates warm in a heated oven. To serve; fan (slightly overlap) 5 pancakes on a warm plate. Drizzle Cider Syrup over the pancakes (about 1/2 cup) and top with a dollop of spiced yogurt, garnish with an additional sprinkle of cinnamon. Yield 4 servings.

## Apple Chicken Salad

1/2 cup fat-free yogurt  
1/4 cup orange juice  
1/2 cup apple jelly, melted  
1/4 teaspoon salt (optional)  
1 Tablespoon lemon juice  
3 cups cooked chicken, diced  
2 cups finely sliced celery  
3 apples, unpeeled and diced  
1/2 cup coarsely chopped pecans

In a large bowl, mix yogurt, orange juice, melted apple jelly and lemon juice. Add chicken, celery, and apples. Toss gently to coat all pieces. Season with salt and chill until ready to serve. Sprinkle with pecans and serve on a bed of romaine lettuce. Yield 8 3/4 cup servings

## Apple and Pumpkin Tart

Although pumpkin pie is traditional, you may want to start your own tradition with the simple but elegant dessert. Serve it chilled or warm with a dollop of whipped cream. It's sinful, and so delicious! Canned pumpkin will work for this recipe, but you may want to cook your own puree.

1 8-inch frozen pie crust, thawed (Instead of using a frozen commercial piecrust, you can make your own tart shell and chill before adding the filling.)  
1 1/2 cups pumpkin puree  
3 medium cooking apples, peeled, cored and diced (Granny Smith, Jonathan, Cortland or your favorite variety)  
1/2 cup apple cider  
2 tablespoons honey  
1/2 cup sugar  
2 eggs plus  
2 egg whites, slightly beaten  
1/2 cup currants  
1 teaspoon cinnamon  
1/8 teaspoon nutmeg  
1/2 teaspoon dried thyme  
1/2 teaspoon dried marjoram  
1/2 teaspoon salt

Thaw crust and press into an 8-inch fluted tart pan. Use a rolling pin to roll over the edges, making crust even with top of tart pan. Place in the freezer while assembling tart filling. Preheat oven to 425 degrees. In a mixing bowl, combine all the tart ingredients and mix well. Scrape the filling into the prepared tart shell. Smooth evenly around the pan. Bake 15 minutes at 425 degrees, then reduce the heat to 350 degrees and continue to bake for 40 minutes. Allow to cool before serving. Top with whipped cream, if desired.

