

whole grain apple oven pancake



INGREDIENTS

- 1 large Golden Delicious apple, unpeeled, sliced into 1/8-inch (3-mm) pieces (1 cup/250 mL)
- 1 Tbsp fresh lemon juice 15 mL
- 2 Tbsp packed light brown sugar, divided 30 mL
- 1/4 tsp ground cinnamon .5 mL
- 4 large eggs
- 3/4 cup nonfat milk 175 mL
- 1 tsp vanilla extract 5 mL
- 1/4 tsp salt 1 mL
- 1/3 cup all-purpose flour 75 mL
- 1/3 cup whole-grain pastry flour or regular whole-grain flour 75 mL
- 2 Tbsp canola oil 30 mL
- 3 Tbsp maple syrup 45 mL

INSTRUCTIONS

- 1 Position rack in center of oven and preheat to 400 °F (200 °C).
- 2 In medium bowl, toss apple slices with lemon juice, 1 Tbsp (15 mL) each of brown sugar and cinnamon.
- 3 In large bowl, beat eggs with electric hand mixer on high speed until frothy. Add milk, remaining 1 Tbsp (15 mL) sugar, vanilla and salt, and mix on low speed to combine. Sprinkle in flours and continue to mix on low until just combined.
- 4 In 12-inch (30-cm) cast iron or oven-proof, nonstick skillet, heat canola oil in over medium heat. Add apple slices and cook until softened while still retaining their shape, about 5 minutes. In skillet, arrange apple slices in single layer and pour batter evenly over them. Transfer skillet to oven and bake until pancake is set and golden brown, about 20 minutes. Cut into eight wedges. Serve drizzled with maple syrup.

The batter is simply poured in a skillet and baked. Using canola oil, whole-grain flour and unpeeled apple gives you the best in taste and health.

YIELD: 8 servings **SERVING SIZE:** 1 wedge

NUTRITIONAL ANALYSIS Per Serving: Calories 160, Total Fat 6 g, Saturated Fat 1 g, Cholesterol 95 mg, Carbohydrates 21 g, Fiber 1 g, Sugars 11 g, Protein 5 g, Sodium 50 mg, Potassium 97 mg

three citrus mint dressing on seasonal fresh fruits



INGREDIENTS

8 cups sliced fresh seasonal fruits
(melon and berries) 2L
1/2 cup canola oil 125 mL
1/3 cup mint leaves,
chopped fine 75 mL
2 Tbsp fresh orange juice 30 mL
2 Tbsp fresh lemon juice 30 mL
2 Tbsp fresh lime juice 30 mL
2 tsp poppy seeds 10 mL

INSTRUCTIONS

- 1 In large bowl, combine fruit. Set aside.
- 2 In small saucepan, heat oil on low to about 120 °F (50 °C) or until just heated. Turn off flame and add chopped mint. (It may sizzle.) Let sit to infuse for 1 hour and to cool down.
- 3 In food processor bowl fitted with metal blade, process orange, lemon and lime juice. Add canola oil/mint mixture and process until fine, about 45 seconds. Toss over fruit with poppy seeds. Stir to evenly coat. Serve.

This light and zesty dressing enhances fresh seasonal fruit like a mint pesto. The canola oil only enhances the mint without distracting from its flavor.

YIELD: 16 servings **SERVING SIZE:** 1/2 cup (125 mL)

NUTRITIONAL ANALYSIS Per Serving: Calories 90, Total Fat 7 g, Saturated Fat 0.5 g, Cholesterol 0 mg, Carbohydrates 8 g, Fiber 2 g, Sugars 6 g, Protein 1 g, Sodium 5 mg, Potassium 146 mg