

plum delicious

Celebrate plum season with three tempting treats
that are as easy to make as they are to enjoy.

BY IRENE FONG & THE TEST KITCHEN



PLUM
oatmeal
squares
P. 111

Classic date squares have been reimagined in this dessert featuring a sweet and sticky plum filling. Don't worry if the plums aren't red in the centres; the peel will cook down to give the filling a beautiful deep-red colour.

SWISS CHARD, COCONUT AND MANGO SMOOTHIES



Hands-on time: 5 minutes

Total time: 5 minutes

Makes: 2 servings

Packed with vitamins, this vibrant green smoothie is a scrumptious option for a fresh breakfast on the go.

2 cups	lightly packed chopped Swiss chard leaves
½ cup	chopped Swiss chard stems
1 cup	frozen mango chunks
1	banana, halved
1 cup	coconut milk beverage
½ cup	ice cubes
1 tbsp	liquid honey

In blender, purée together Swiss chard leaves, Swiss chard stems, mango, banana, coconut milk beverage, ice cubes and honey until smooth and frothy.

PER SERVING: about 188 cal, 2 g pro, 3 g total fat (3 g sat. fat), 42 g carb (3 g dietary fibre, 32 g sugar), 0 mg chol, 177 mg sodium, 530 mg potassium. % RDI: 3% calcium, 9% iron, 23% vit A, 72% vit C, 14% folate. ●



STAR INGREDIENT SWISS CHARD

A healthy source of vitamins and iron, Swiss chard will give your mornings a delicious boost.



Give it a Peanut Butter boost!

Put a spin on this tasty smoothie. Before mixing your ingredients, add 3 tbsp **KRAFT Smooth Peanut Butter** to your blender. Then, continue with the *Swiss Chard, Coconut and Mango Smoothies* recipe as directed. It's that easy to give any blended beverage a creamy, peanutty flavour and a nutritional boost! Experiment with endless menu ideas from your go to breakfast favourite—just add peanut butter! Learn more at sticktogether.ca



Stick Together



PLUM
snacking
cake
P. 111

Ripe plums will give this cake the best flavour, but you also want to ensure that they're still firm enough to hold their shape during cooking. When selecting fruit at the market, look for deep, even colour and flesh that yields slightly to palm pressure.





PLUM AND
ALMOND
mini
galettes

These galettes are a hybrid between a plum Danish and an almond croissant. They get their unique taste from the almond-flavoured marzipan; look for it in the baking aisle of the grocery store.



Are you measuring flour the right way?
Find out at canadianliving.com/flour.

Juicy, ripe plums are sweet yet mild in flavour—the perfect base for a home-style summer dessert.

PLUM AND ALMOND MINI GALETTES

Hands-on time: 45 minutes

Total time: 2 hours

Makes: 6 mini galettes

- 1¼ cups all-purpose flour
- 6 tbsp granulated sugar
- ½ tsp salt
- ½ cup cold unsalted butter, cubed
- ½ cup ice water (approx)
- half pkg (200 g pkg) marzipan, cut in generous ½-inch pieces
- 4 cups chopped pitted firm ripe red, black or yellow plums (about 6 to 8)
- 2 tbsp cornstarch
- 1 egg yolk
- 1 tbsp liquid honey
- 4 tsp sliced natural (skin-on) almonds, toasted

In bowl, whisk together flour, 1 tbsp of the sugar and the salt. Using pastry blender or 2 knives, cut in butter until mixture resembles coarse crumbs. Stir in ice water, adding up to 2 tbsp more ice water if needed, just until dough is beginning to come together. Shape into disc; wrap in plastic wrap. Refrigerate until chilled, about 30 minutes. (*Make-ahead: Refrigerate for up to 2 days.*)

Divide dough into sixths; form each into ball. On lightly floured work surface, roll out each ball into 7-inch round. Arrange on 2 parchment paper-lined rimless baking sheets. Dot pastry rounds with marzipan, leaving 1-inch border.

In bowl, toss together plums, cornstarch and remaining sugar to coat. Spoon about ½ cup onto centre of each pastry round. Lift pastry edges over filling to form about 4-inch circles, letting pastry fall naturally into folds and leaving centre uncovered. Whisk egg yolk with 1 tsp water; brush over pastry.

Bake in top and bottom thirds of 375°F oven, switching and rotating pans halfway through, until pastry is golden and plums are tender, 25 to 30 minutes. Let cool slightly on pan.

While galettes are cooling, in small microwaveable bowl, microwave honey on

high for 10 seconds; brush over filling. Sprinkle with almonds. Let cool completely.

PER MINI GALETTE: about 499 cal, 7 g pro, 20 g total fat (10 g sat. fat), 75 g carb (4 g dietary fibre, 39 g sugar), 63 mg chol, 196 mg sodium, 272 mg potassium. % RDI: 3% calcium, 18% iron, 18% vit A, 15% vit C, 34% folate.

PLUM OATMEAL SQUARES

Hands-on time: 25 minutes

Total time: 3½ hours

Makes: about 16 squares

- 3½ cups chopped firm ripe red or black plums (about 5)
- 1½ cups granulated sugar
- 1 tbsp grated orange zest
- ⅓ cup orange juice
- 2 tbsp cornstarch
- 2 cups quick-cooking (not instant) rolled oats
- 1¼ cups all-purpose flour
- ½ cup packed brown sugar
- ¼ tsp salt
- 1 cup cold butter, cubed

In saucepan, bring plums, ⅓ cup of the granulated sugar, the orange zest and orange juice to boil over medium-high heat. Reduce heat to medium and cook, stirring occasionally, until plums are tender and beginning to break down, about 12 minutes.

Whisk cornstarch with 2 tbsp water; stir into plum mixture. Bring to boil; cook, stirring, until thickened, about 1 minute. Scrape into bowl; place plastic wrap directly on surface. Refrigerate until chilled, about 1 hour. (*Make-ahead: Cover and refrigerate for up to 24 hours.*)

While plum mixture is chilling, in large bowl, whisk together oats, flour, brown sugar, salt and remaining granulated sugar. Using pastry blender or 2 knives, cut in butter until mixture resembles coarse crumbs.

Firmly press half of the oat mixture into bottom of parchment paper-lined 9-inch (2.5 L) square cake pan. Bake in 350°F oven until golden, about 20 minutes. Let cool in pan for 5 minutes.

Spread plum mixture over crust. Gently press remaining oat mixture into small clumps; sprinkle over plum mixture. Bake

in 350°F oven until crumble is golden, about 45 minutes. Let cool completely in pan. Lift out onto cutting board; cut into squares. (*Make-ahead: Store in airtight container for up to 2 days.*)

PER SQUARE: about 304 cal, 3 g pro, 13 g total fat (8 g sat. fat), 46 g carb (2 g dietary fibre, 30 g sugar), 31 mg chol, 121 mg sodium, 130 mg potassium. % RDI: 2% calcium, 8% iron, 11% vit A, 8% vit C, 9% folate.

PLUM SNACKING CAKE

Hands-on time: 25 minutes

Total time: 2 hours

Makes: 12 servings

- ½ cup unsalted butter, softened
- ½ cup granulated sugar
- ½ cup packed brown sugar
- 2 eggs
- 1 tsp vanilla
- 1½ cups all-purpose flour
- 1½ tsp baking powder
- 1 tsp each cinnamon and ground ginger
- ½ tsp baking soda
- ¼ tsp salt
- ¾ cup buttermilk
- 4 firm ripe black plums, pitted and cut in scant ¼-inch thick wedges
- 4 tsp liquid honey

In large bowl, beat together butter, granulated sugar and brown sugar until fluffy. Beat in eggs, 1 at a time; beat in vanilla. In separate bowl, whisk together flour, baking powder, cinnamon, ginger, baking soda and salt; stir into butter mixture, alternating with buttermilk, making 3 additions of flour mixture and 2 of buttermilk, until smooth.

Scrape into greased parchment paper-lined 9-inch (2.5 L) springform pan, smoothing top. Arrange plums over batter, overlapping slightly. Bake in 350°F oven until cake tester inserted in centre comes out clean, about 40 minutes. Let cool in pan for 15 minutes; remove ring from pan. Let cool completely.

In small microwaveable bowl, microwave honey on high for 10 seconds. Brush over top of cake.

PER SERVING: about 220 cal, 4 g pro, 9 g total fat (5 g sat. fat), 31 g carb (1 g dietary fibre, 20 g sugar), 54 mg chol, 165 mg sodium, 158 mg potassium. % RDI: 5% calcium, 8% iron, 10% vit A, 8% vit C, 13% folate. ●