

# RHUBARB



Rhubarb is in season from May through June.

## Tips for selecting rhubarb

- When selecting rhubarb, choose fresh, crisp stalks.
- Choose stalks that are bright pink and free of disease or insect damage.
- Dark pink stalks that are smaller in diameter are generally younger, sweeter, and more tender than thick, long green stalks, but this depends on the variety.
- One pound of raw rhubarb yields  $\frac{3}{4}$  cup when cooked.

## Storage

Trim the leaf away from the rhubarb stalk and discard the leaf. Caution: Rhubarb leaves are poisonous to humans and animals and should not be eaten! Stalks will keep in the refrigerator for 2 to 3 weeks in a sealed plastic bag. Rhubarb can be frozen.

## Preparation

Stand the stalks in cold water for an hour to refresh them before cooking. Before use, trim the ends and peel off tough strings; completely peeling rhubarb is unnecessary. Rhubarb can be served as a sauce over ice cream, combined with fresh strawberries, or made into pies, puddings, breads, jams, and refreshing beverages.

## Key nutrients

- Fiber to prevent constipation
- Potassium to maintain normal blood pressure

## Recipes

### Quick rhubarb cobbler

3 cups diced rhubarb  
1 package red-colored sweetened gelatin  
1 tablespoon butter or margarine  
 $\frac{1}{4}$  cup packed brown sugar  
 $\frac{1}{2}$  cup rolled oats  
Place diced rhubarb in an 8x8-inch pan. Mix with dry gelatin. Prepare topping by combining butter, brown sugar, and oats with a fork and sprinkle on top. Bake at 350°F for 35 minutes until rhubarb is soft and bubbly. Serves 9; 85 Cal; 1.5 g fat.

### Baked rhubarb sauce

1½ pounds diced rhubarb  
 $\frac{1}{4}$  cup water  
1 cup sugar  
Dash of salt  
Put rhubarb in a 1½-quart casserole dish. Add water, sugar, and salt. Cover tightly and bake at 350°F for 20 to 25 minutes or until tender. Chill and serve. Cooked rhubarb is good with fresh strawberries topped with a dab of whipped cream. Serves 8; 115 Cal; less than 1 g fat.

### Easy rhubarb spread

5 cups diced rhubarb  
1 small can crushed pineapple, drained  
2 cups sugar  
1 small package strawberry gelatin  
Mix together first three ingredients and let stand 2 hours, then boil for 12 minutes. Remove from heat, add dry gelatin, stir, and pour into jars or plastic containers. Refrigerate for up to 2 weeks. Can be frozen. Serves 48; 45 Cal; less than 1 g fat.



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