

Rhubarb



Selection - Choose crisp, flat stalks that are not curled or limp.

Storage - Store in the refrigerator. Throw out leaves as they are poisonous (stalks fresh for 3-5 days).

Nutrition - Calcium in rhubarb supports healthy bones and teeth.

3 EASY WAYS TO USE RHUBARB

- To roast rhubarb, throw out the leaves and slice stalks into chunks. Place them on a baking sheet. Drizzle with honey and bake at 350 degrees for 40-45 minutes.
- To sauté, cut rhubarb into 1-inch pieces and add to a pot with 1/4 cup orange juice, vinegar, honey and ginger. Cook on medium heat, until soft. Serve over chicken, pork or turkey.
- To make a sauce, place freshly chopped rhubarb in a pot with a little water (about 2 tablespoons) and sprinkle with cinnamon. Add 1/4 cup honey and cook on low-medium heat until rhubarb has broken down. Add the sauce to oatmeal or yogurt for added sweetness.

Cinnamon-Topped Rhubarb Muffins

Makes 12 Servings

Ingredients

- ☐ 1/2 cup brown sugar, firmly packed
- ☐ 1/4 cup butter
- ☐ 1 cup (8 ounces) reduced-fat sour cream
- ☐ 2 eggs
- ☐ 1 1/2 cups all-purpose flour
- ☐ 3/4 teaspoon baking soda
- ☐ 1/2 teaspoon cinnamon
- ☐ 1 1/2 cups chopped rhubarb
- ☐ 1 tablespoon sugar
- ☐ 1/2 teaspoon cinnamon

Directions

1. Preheat oven to 375 degrees.
2. In large bowl, combine brown sugar and butter. Beat at medium speed until well-mixed (1-2 minutes).
3. Add sour cream and eggs; continue beating, scraping bowl often until well-mixed (1-2 minutes).
4. In medium bowl, stir together flour, baking soda and 1/2 teaspoon cinnamon.
5. By hand, stir flour mixture into sour cream mixture until just moistened. Fold in rhubarb. Spoon into greased muffin pans.
6. In small bowl, stir together a tablespoon of sugar and 1/2 teaspoon of cinnamon. Sprinkle onto each muffin.
7. Bake for 20-25 minutes or until lightly browned.
Cool 10 minutes. Remove from pan.

