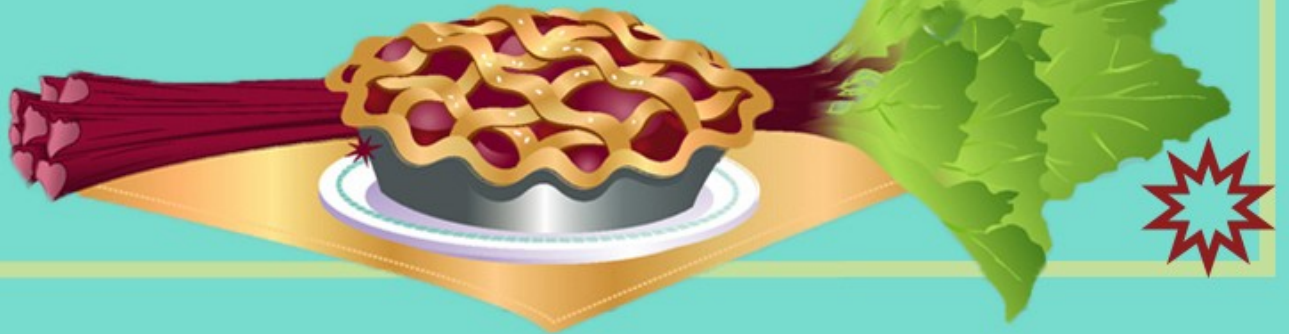




RHUBARB



**Prepared by:
Connie Bretz
Walnut Creek Extension District
Family and Consumer Science Agent**



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Family & Consumer
SCIENCE S

HISTORY

Rhubarb originated in Northern Asia and Siberia. It has been cultivated for centuries, but was originally used for medicinal and ornamental plants. It was not until the eighteenth century that British gardeners began to grow rhubarb for cooking. Rhubarb was introduced to the United States at the end of the eighteenth century. Today most rhubarb is frozen for commercial and institutional use; only about a quarter of the crop is sold fresh.

Rhubarb is a perennial plant that has thick, celery-like stalks that are greenish pink to dark red in color. This buckwheat-family member can reach up to 2 feet long. Rhubarb is a vegetable but is generally prepared and served in the same manner as a fruit.



It is called the “pie plant” because one of its most popular uses is as pie filling.

The rhubarb stalk can be eaten raw but its tart flavor deters people from eating it in that manner. The leaves of the rhubarb should not be consumed because they contain oxalic acid, which makes them toxic.

VARIETIES

There are many varieties of this extremely tart food, most of which fall into two basic types-hothouse and field grown.

HOTHOUSE RHUBARB is distinguished by its pink to pale red stalks and yellow-green leaves and are grown in a greenhouse. It is more tender with a milder flavor. It is also slightly sweeter than field-grown rhubarb. It is available from around December to March.

FIELD-GROWN RHUBARB is grown outdoors and has a more intense flavor and a coarser texture. It generally has darker red stalks with green leaves but there are varieties with green stalks tinted with pink. Field-grown rhubarb is available from March to October, with a peak from April to June. Spring stalks are the juiciest and most-tender.



The deeper the red, the more flavorful the stalks are likely to be. Although the green heirloom varieties are often sweeter. Medium-sized stalks are generally more tender than large ones, which, may be stringy.

Rhubarb is revered for the sour perkiness it adds to sweet or savory dishes. Remember only the stalks should be eaten; the poisonous leaves contain oxalic acid and should be discarded.

BUYING AND STORING

Choose stalks that are firm and crisp with glossy skin that is free of blemishes. Rhubarb stalks can vary from red to pink and they may also appear speckled or green. This color variation has little or no impact on the ripeness of the rhubarb. Mature stalks will range from 1 to 2 inches in diameter but the smaller diameter stalks are younger and generally more tender. They should release sap when you snap them. If the stalks have the leaves still on them, look for smaller leaves, which is also an indication of a younger stalk. Avoid limp stalks and stalks with split ends, which are indications that the rhubarb is not fresh or that it has not been stored properly.

Wrap, unwashed, in plastic and refrigerate 3-7 days. Wash and remove leaves just before using. Rhubarb wilts quickly. It is best to store fresh rhubarb in whole stalks because cut or diced pieces will dry out more quickly.



Rhubarb is also available canned and frozen.

FREEZING

Both cooked and fresh rhubarb freezes well. Before freezing rhubarb, it can be blanched to help preserve its color and flavor, but rhubarb can be frozen without blanching.

To freeze: Wash and slice into 1/2 inch pieces. Blanch in boiling water for 1 minute. Cool quickly in cold water. Drain and place rhubarb into freezer containers, leaving 1/2 inch headspace, or into freezer bags. Freeze up to 6 months.

PREPARATION AND SERVING

Remove and discard leaves (remember—the leaves are poisonous); trim off bottom end of stalk. Use a vegetable peeler to remove any brown or scaly spots. Peeling the entire stalk is unnecessary, simply trim the ends and wash and dry the stalks. Wash in cold water and if stringy, peel. Cut into 1/2 inch pieces. Because of its tartness, rhubarb is generally steamed with sugar and cooked. One pound raw rhubarb yields 3 cups sliced fruit.

Always use a non-reactive pan for cooking this high acid plant. Use anodized aluminum, stainless steel, Teflon coated aluminum or enamel-coated cast iron cookware.

Rhubarb cooked in reactive metal pots (aluminum, iron, and copper) will turn an unappetizing brown color. Metal ions flaking off the pan will interact with acids in the fruit to form brown compounds that darken both the pan and the rhubarb.

In America, rhubarb is often combined with strawberries or apples for a traditional flavor. In Britain, rhubarb is often combined with ginger, in France rhubarb is often pureed into a sauce and served with fish.

Citrus fruits and spices, particularly ginger, vanilla and cinnamon, complement the flavor of rhubarb. Because rhubarb is a vegetable, it goes well with savory dishes like scrambled eggs, but you still need to add sugar. It can be paired with game such as duck or venison in savory dishes. Or, in sweet dishes, it's used for pies, jams, sauces, cobblers, crisps, and ice cream topping.

NUTRITIONAL VALUE

Rhubarb is one of the lowest calorie foods, providing only 7 calories per 3 3/4 ounces or about 30 calories per cup. It contains significant amounts of calcium, potassium and thiamine (Vitamin B1) and has natural laxative properties. Unfortunately the high calcium content is bound by oxalic acid and so it is not absorbed by the body. Don't count on rhubarb as a source of dietary calcium.

1 cup diced, uncooked rhubarb contains: 26 calories, 2 grams dietary fiber, 1 gram protein, 6 grams carbohydrates, 10 mg. vitamin C, 122 IU Vitamin A, 8.7 mcg folic acid, 105 mg. calcium, 351 mg. potassium.



Rhubarb makes
delicious

JAMS
SAUCES
CHUTNEY
and
DESSERTS

Pureed rhubarb can
be made into

ICE CREAM
SORBETS
MOUSSES
and
FOOD



Frosted Rhubarb Cookies

1	cup	shortening	3/4	cup	flaked coconut
1 1/2	cups	packed brown sugar			Cream Cheese Frosting
2		eggs	1	pkg	(3 ounces) cream cheese, softened
3	cups	all purpose flour	1	tbsp	butter, softened
1	tsp	baking soda	3	tsp	vanilla extract
1/2	tsp	salt	1 1/2	cups	confectioners' sugar
1 1/2	cups	diced fresh rhubarb			

- 1 In a large bowl, cream shortening and brown sugar. Beat in eggs. Combine the flour, baking soda and salt; gradually add to creamed mixture.
- 2 Stir in rhubarb and coconut. drop by tablespoonfuls 2 inches apart onto greased baking sheets. Bake at 350° for 12-15 minutes or until lightly browned. Remove to wire racks to cool.
- 3 In a bowl, beat cream cheese, butter and vanilla. Gradually beat in the confectioners' sugar until smooth. Spread over cooled cookies. Store in the refrigerator. Yield: about 5 dozen.

Cooking Times

Preparation Time: 20 minutes

Cooking Time: 15 minutes

Nutrition Facts

Nutrition (per serving): 201 calories, 9g total fat, 18mg cholesterol, 109mg sodium, 28g carbohydrates, 1g fiber, 2g protein.

Oaty Rhubarb Streusel Bars

1 1/2	cups	quick cooking oats	2	Tbsp	all purpose flour
1	cup	all purpose flour	1/2	tsp	ground ginger
3/4	cup	packed brown sugar	2	cups	fresh or frozen unsweetened sliced rhubarb
3/4	cup	butter			
1/4	cup	granulated sugar	1	recipe	Ginger Icing
			1	Tbsp	chopped crystallized ginger (optional)

- 1 Preheat oven to 350 degrees F. Line 8x8x2 inch baking pan with heavy foil extended beyond pan edges.
- 2 In large bowl stir together oats, the 1 cup flour, and brown sugar. Cut in butter until mixture resembles coarse crumbs. Set aside 1 cup oats mixture. Press remaining on bottom of prepared pan. Bake 25 minutes.
- 3 Meanwhile, in medium bowl stir together granulated sugar, 2 tablespoons flour, and ground ginger. Add rhubarb; toss to coat. Spread on hot crust. Sprinkle reserved oats mixture; press lightly.
- 4 Bake 30 to 35 minutes, until top is golden and filling is bubbly. Cool on rack. Drizzle icing, sprinkle crystallized ginger. Lift from pan; cut into bars. store, covered, in refrigerator up to 2 days. Makes 16 bars.
- 5 Ginger Icing: in small bowl stir together 3/4 cup sifted powdered sugar, 1/4 teaspoon ground ginger, and 3-4 teaspoons apricot nectar, orange juice, or milk.

Cooking Times

Preparation Time: 25 minutes

Cooking Time: 55 minutes

Nutrition Facts

Nutrition (per serving): 221 calories, 10g total fat, 24mg cholesterol, 70mg sodium, 32g carbohydrates, 1g fiber, 2g protein.

Rhubarb Custard Bars

	Ingredients	3	eggs, beaten
2 cups	all purpose flour	5 cups	finely chopped fresh or frozen rhubarb, thawed and drained
1/4 cup	sugar		Topping
1 cup	cold butter		
	Filling	2 pkgs	(3 ounces each) cream cheese, softened
2 cups	sugar	1/2 cup	sugar
7 tbsps	all purpose flour	1/2 tsp	vanilla extract
1 cup	heavy (whipping) cream	1 cup	heavy whipping cream, whipped

- 1 In a bowl, combine the flour and sugar; cut in butter until the mixture resembles coarse crumbs. Press into a greased 13 x 9 inch baking pan. Bake at 350° for 10 minutes.
- 2 Meanwhile, for filling, combine sugar and flour in a bowl. Whisk in cream and eggs. Stir in the rhubarb. Pour over crust. Bake at 350° for 40-45 minutes or until custard is set. Cool.
- 3 For topping, beat cream cheese, sugar and vanilla until smooth; fold in whipped cream. Spread over top. Cover and chill. Cut into bars. Store in refrigerator. Yield: 3 dozen.

Servings: 36

Cooking Times

Preparation Time: 25 minutes

Cooking Time: 50 minutes

Nutrition Facts

Nutrition (per serving): 198 calories, 11g total fat, 52mg cholesterol, 70mg sodium, 23g carbohydrates, 1g fiber, 2g protein.

Strawberry Rhubarb Dessert Bars

	Filling	1 1/2 cups	uncooked quick-cooking oats
1 1/2 cups	fresh or frozen unsweetened rhubarb, cut into 1-inch pieces	1 cup	firmly packed brown sugar
1 1/2 cups	sliced fresh strawberries	3/4 cup	butter, softened
1 tbsp	lemon juice	1/2 tsp	baking soda
1/2 cup	sugar	1/4 tsp	salt
2 tbsps	cornstarch		Drizzle
	Crust	3/4 cup	powdered sugar
1 1/2 cups	all purpose flour	1-2 tbsps	milk

- 1 Combine rhubarb, strawberries and lemon juice in 2-quart saucepan. Cover; cook over medium heat, stirring occasionally, until fruit is tender (8 to 12 minutes).
- 2 Combine 1/2 cup sugar and cornstarch in small bowl. Stir into fruit mixture. Continue cooking, stirring constantly, until mixture comes to a boil (about 1 minute). Continue boiling until thickened (1 minute). Remove from heat. Set aside.
- 3 Heat oven to 350°F. Combine all crust ingredients in large bowl. Beat at low speed, scraping bowl often, until mixture resembles coarse crumbs. Reserve 1 1/2 cups crumb mixture. Press remaining crumb mixture onto bottom of grease d13x9 inch baking pan. Spread filling over crust. Sprinkle with reserved crumb mixture.
- 4 Bake for 30 to 35 minutes or until golden brown. Cool completely.
- 5 Combine all drizzle ingredients in small bowl. Drizzle over cooled bars. Cut into bars.

Cooking Times

Preparation Time: 30 minutes

Cooking Time: 30 minutes

Nutrition Facts

Nutrition (per serving): 110 calories, 4g total fat, 10mg cholesterol, 75mg sodium, 19g carbohydrates, 1g protein.

Strawberry-Rhubarb Bars

		Filling			
1	cup	sliced fresh or frozen rhubarb	1	cup	all purpose flour
1/3	cup	water	3/4	cup	firmly packed brown sugar
1	tbsp	sugar	2	tbsp	toasted wheat germ
1	12 oz	jar (1 cup) strawberry preserves	1/4	tsp	baking soda
2	tbsps	cornstarch	3/4	cup	butter
1	tsp	grated orange peel			Drizzle
		Crust	3/4	cup	powdered sugar
1 1/2	cups	quick-cooking oats or old-fashioned rolled oats	3-4	tbsp	orange juice

- 1 Heat oven to 350°F. Combine rhubarb, water and sugar in 1-quart saucepan. Bring to a boil over medium heat (1 to 2 minutes). Reduce heat to low. Cover; cook until rhubarb is very soft (5 minutes).
- 2 Combine preserves, cornstarch and orange peel in small bowl. stir into rhubarb mixture. cook, stirring constantly, until mixture comes to a boil and thickens (3 to 5 minutes). Remove from heat.
- 3 Combine oats, flour, brown sugar, wheat germ and baking soda in large bowl; cut in butter until mixture is crumbly. Reserve 3/4 cu crumb mixture.
- 4 Press remaining crumb mixture evenly on bottom of ungreased 8 inch square baking pan. Bake for 19 to 24 minutes or until edges are lightly browned.
- 5 Spread rhubarb mixture to within 1/4 inch of edge of hot, partially baked crust. Crumble reserved crumb mixture over filling. Continue baking for 25-30 minutes or until golden brown. Cool completely.
- 6 Stir together powdered sugar and enough orange juice in small bowl for desired drizzling consistency. Drizzle over cooled bars. Cut into bars.

Cooking Times

Preparation Time: 20 minutes

Cooking Time: 44 minutes

Nutrition Facts

Nutrition (per serving): 260 calories, 9g total fat, 25mg cholesterol, 100mg sodium, 42g carbohydrates, 2g protein.

Tips

Rollled oats start as whole oats. they're cleaned, toasted and hulled before being steamed and flattened by huge rollers. The process ends there for old-fashioned oats. Quick-cooking oats are cut into pieces before being steamed and rolled. Either variety works well in this recipe.

Rhubarb Streusel Bread

		Bread Ingredients	1 1/2	cups	(1/4 inch) sliced fresh rhubarb*
1	cup	sugar			Streusel Ingredients:
1/2	cup	butter, softened	2	Tbsp	sugar
1/3	cup	orange juice	2	Tbsp	firmly packed brown sugar
2		eggs	1	Tbsp	all purpose flour
2	cups	all-purpose flour	1	Tbsp	butter, melted
1	teaspoon	baking powder	1 1/2	tsp	ground cinnamon
1/4	teaspoon	baking soda			

- 1 Heat oven to 350°F. Grease and flour 8x4 inch loaf pan.
- 2 Combine 1 cup sugar and 1/2 cup butter in large bowl. Beat at medium speed, scraping bowl often, until creamy. Reduce speed to low; add orange juice and eggs. Continue beating just until mixed. (Mixture will look slightly curdled.) Stir in flour, baking powder, baking soda and salt by hand just until moistened. Gently stir in rhubarb. (Batter will be thick.)
- 3 Reserve 1 1/2 cups batter. Spread remaining batter into prepared pan. Combine all streusel ingredients in small bowl; stir until mixture resembles coarse crumbs. sprinkle half of streusel over batter in pan; gently

press into batter. Carefully spread reserved batter into pan; top with remaining streusel. Press streusel into batter.

- 4 Bake for 65 to 70 minutes or until toothpick inserted in center comes out clean. Cool 10 minutes; remove from pan.
- 5 *Substitute 1 1/2 cups frozen rhubarb, thawed.

Servings: 12

Cooking Times

Preparation Time: 40 minutes

Cooking Time: 1 hour and 5 minutes

Nutrition Facts

Nutrition (per serving): 260 calories, 10g total fat, 60mg cholesterol, 140mg sodium, 39g carbohydrates, 1g fiber, 4g protein.

Tips

Bread can be baked in greased and floured 9x5 inch loaf pan. Bake for 60 to 65 minutes.

This is a great make-ahead bread as the flavors are almost better the second day. Once loaf is completely cooled, wrap in aluminum foil and refrigerate. This bread also freezes well.

Rhubarb Bread

1 1/3	cups	packed brown sugar	3/4	tsp	salt
2/3	cup	vegetable oil	1	tsp	baking soda
1		egg, beaten	1/2	tsp	ground cinnamon
1	teaspoon	vanilla extract	1 1/2 - 2	cups	finely diced rhubarb, 1/4 inch cuts
1	cup	buttermilk	1/2	cup	chopped nuts
2 1/2	cups	all purpose flour			

- 1 In a bowl, combine the sugar and oil; blend in egg, vanilla and milk. Combine flour, salt, cinnamon and baking soda; add to moist ingredients. Stir in rhubarb and nuts. Transfer to two well-greased 8x4 inch loaf pans.
- 2 Bake at 350° for about 45 minutes or until a toothpick inserted near the center comes out clean. Cool for 10 minutes before removing from pans to wire racks. Yield: 2 loaves.

Servings: 32

Cooking Times

Preparation Time: 15 minutes

Cooking Time: 45 minutes

Nutrition Facts

Nutrition (per serving): 129 calories, 6g total fat, 7mg cholesterol, 109mg sodium, 17g carbohydrates, 2g protein.

Orange-Rhubarb Breakfast

1/3	cup	butter, softened	1/2	tsp	salt
1	cup	sugar	1/4	tsp	ground ginger
2		eggs	1/4	tsp	ground nutmeg
1	tsp	vanilla extract	1/2	cup	orange juice
2	cups	all-purpose flour	1	cup	chopped fresh or frozen rhubarb
1 1/2	tsps	baking powder	1/2	cup	slivered almonds
1/2	tsp	baking soda	2	tsps	grated orange peel

- 1 In a large bowl, cream butter and sugar until light and fluffy. add eggs, one at a time, beating well after each addition. Beat in vanilla.
- 2 Combine the flour, baking powder, baking soda, salt, ginger and nutmeg; add to creamed mixture alternately with orange juice. Fold in the rhubarb, almonds and orange peel.
- 3 Transfer to a greased 9x5 inch loaf pan. Bake at 350° for 55-65 minutes or until a toothpick inserted near the center comes out clean. Cool for 10 minutes before removing from pan to a wire rack. Yield: 1 loaf (16 slices).

Servings: 16

Cooking Times

Preparation Time: 20 minutes

Cooking Time: 55 minutes

Nutrition Facts

Nutrition (per serving): 174 calories, 6g total fat, 37mg cholesterol, 198mg sodium, 26g carbohydrates, 1g fiber, 3g protein.

Strawberry-Rhubarb Angel Cake

		Cake			red food coloring (optional)
1	box	white angel food cake mix			Frosting Ingredients:
1 1/4	cups	cold water	1 1/2	cups	whipping (heavy) cream
2	tsp	grated orange peel	3	Tbsps	granulated or powdered sugar
		Filling	1	container	(15 oz) ricotta cheese
2	cups	sliced rhubarb	1/4	cup	powdered sugar
1/2	cup	granulated sugar			Garnish
2	Tbsps	orange juice			
1 1/2	cups	sliced strawberries	1/2	cup	sliced strawberries

- 1 Move oven rack to lowest position (remove other racks). Heat oven to 350°F. in extra-large glass or metal bowl, beat cake mix, water and orange peel with electric mixer on low speed 30 seconds; beat on medium speed 1 minute. Pour into ungreased 10 inch angel food (tube) cake pan. (Do not use fluted tube cake pan or 9 inch angel food pan or batter will overflow.)
- 2 Bake 37 to 47 minutes or until top is dark golden brown and cracks feel very dry and not sticky. Do not under bake. Immediately turn pan upside down onto glass bottle until cake is completely cook, about 2 hours.
- 3 Meanwhile, in 2-quart saucepan, mix rhubarb, 1/2 cup granulated sugar and the orange juice. Cook over medium heat 10 minutes, stirring occasionally. Cool 15 minutes. Stir in 1 1/2 cups strawberries. Stir in 4 drops food color if deeper red color is desired. Refrigerate about 1 hour.
- 4 In chilled medium bowl, beat whipping cream and 3 tablespoons sugar on high speed until soft peaks form. In large bowl, beat ricotta cheese and 1/4 cup powdered sugar on medium speed until fluffy. Fold in whipped cream.
- 5 Run knife around edges of cake; remove from pan. Cut cake horizontally to make 3 layers. Fill layers with filling. Frost side and top of cake with frosting. Arrange 1/2 cup strawberries over top of cake. Store covered in refrigerator.
- 6 Substitution: Use 2 containers (12 oz each) whipped cream or vanilla frosting instead of the ricotta frosting.
- 7 Substitution: Rhubarb out of season? Frozen rhubarb that has been thawed and well drained can be used instead of the fresh.
- 8 Variation: For Blueberry-Rhubarb Angel Torte, substitute 1 1/2 cups fresh or frozen (thawed) blueberries for the strawberries in the filling and omit food color and strawberry garnish.

Servings: 12

Cooking Times

Preparation Time: 25 minutes

Nutrition Facts

Nutrition (per serving): 350 calories, 12g total fat, 45mg cholesterol, 380mg sodium, 51g carbohydrates, 40g sugar, 8g protein.

Bluebarb Coffee Cake

	Crumb Topping	1		egg
1/2 cup	granulated sugar	2 1/2	tsp	baking powder
1/3 cup	all purpose flour	3/4	tsp	salt
1/2 tsp	ground cinnamon	1	cup	fresh or frozen blueberries
1/4 cup	firm butter or margarine	1	cup	fresh or frozen (thawed and drained) chopped rhubarb
	Coffee Cake			Vanilla Glaze
2 cups	all purpose flour			
3/4 cup	granulated sugar	1/2	cup	powdered sugar
1/4 cup	shortening	1 1/2 - 2	tsps	hot water
3/4 cup	milk	1/4	tsp	vanilla

- 1 Heat oven to 375°F. Grease bottom and side of 9 inch springform pan or 9 inch square pan with shortening or cooking spray.
- 2 In small bowl, mix 1/2 cup granulated sugar, 1/3 cup flour and the cinnamon. Cut in butter, using pastry blender (or pulling 2 table knives through ingredients in opposite directions), until crumbly; set aside.
- 3 In large bowl, mix all coffee cake ingredients except blueberries and rhubarb; beat with spoon 30 seconds. Fold in blueberries and rhubarb. Spread in pan. Sprinkle with topping.
- 4 Bake 45 to 50 minutes or until toothpick inserted in center of cake (not fruit) comes out clean. Cool 10 minutes. Remove from pan if desired.
- 5 In small bowl, mix all glaze ingredients until smooth and thin enough to drizzle. Drizzle glaze over warm coffee cake. Serve warm if desired.

Servings: 8

Cooking Times

Preparation Time: 15 minutes

Nutrition Facts

Nutrition (per serving): 430 calories, 14g total fat, 45mg cholesterol, 430mg sodium, 71g carbohydrates, 2g fiber, 42g sugar, 6g protein.

Tips

Sprinkle with your favorite chopped nuts for a special touch.

Cherry Rhubarb Coffee Cake

	Ingredients	1	tsp	baking soda
4 cups	chopped fresh rhubarb	1/2	tsp	salt
2 Tbsps	lemon juice	1	cup	cold butter, cubed
1 cup	sugar	1	cup	buttermilk
1/3 cup	cornstarch	2		eggs, lightly beaten
1 can	(20 ounces) cherry pie filling	1	tsp	vanilla extract
	Cake			Crumb Topping
3 cups	all purpose flour	1 1/2	cups	sugar
1 cup	sugar	1	cup	all purpose flour
1 tsp	baking powder	1/2	cup	cold butter, cubed

- 1 In a saucepan, cook rhubarb and lemon juice over medium-low heat for 5 minutes, stirring often to prevent

burning. Combine sugar and cornstarch; add to rhubarb mixture. Cook and stir 5 minutes more until thickened and bubbly. Stir in pie filling; set aside to cool

- 2 For cake, combine the flour, sugar, baking powder, baking soda and salt in a large bowl. cut in butter until mixture resembles fine crumbs. In a small bowl, beat the buttermilk, eggs and vanilla. Add to flour mixture; stir just until moistened.
- 3 Spread a little more than half of the batter into a greased 13x9 inch baking pan spread cooled filling over batter. Drop remaining batter by teaspoonfuls onto filling.
- 4 For topping, combine sugar and flour. cut in butter until mixture forms coarse crumbs. Sprinkle over batter. Bake at 350° for 40-45 minutes. Yield: 16-20 servings.

Servings: 20

Cooking Times

Preparation Time: 25 minutes

Cooking Time: 40 minutes

Nutrition Facts

Nutrition (per serving): 406 calories, 15g total fat, 59mg cholesterol, 307mg sodium, 66g carbohydrates, 1g fiber, 4g protein.

Five-Ingredient Rhubarb Squares

- | | | | | |
|-------|------|---|---|---------------------------|
| 1 | box | Supermoist yellow cake mix | 3 | eggs |
| 1 | cup | cold butter or margarine, cut into small pieces | 4 | cups sliced fresh rhubarb |
| 1 3/4 | cups | sugar | | whipped cream, if desired |

- 1 Heat oven to 350°F (325° for dark or nonstick pan). Reserve 2 tablespoons of the cake mix. in large bowl, cut butter into remaining cake mix, using pastry blender (or pulling 2 table knives through ingredients in opposite directions), until crumbly. In bottom of ungreased 13x9 inch pan, pat 2 1/4 cups of the mixture (if mixture is sticky, lightly flour hands). Reserve remaining crumbly mixture for topping. Bake 15 minutes. Remove from oven.
- 2 In large bowl, beat reserved 2 tablespoons cake mix, the sugar and eggs with electric mixer on medium speed until creamy. Stir in rhubarb. Pour over partially baked crust. Sprinkle remaining crumbly mixture over top.
- 3 Bake 45 to 55 minutes longer or until golden brown and center is set. Cool slightly before serving. Serve warm or cold with whipped cream. Store covered in refrigerator.

Servings: 16

Cooking Times

Preparation Time: 15 minutes

Nutrition Facts

Nutrition (per serving): 250 calories, 15g total fat, 70mg cholesterol, 300mg sodium, 27g carbohydrates, 16g sugar, 2g protein.

Tips

If fresh rhubarb isn't available, use 4 cups frozen (slightly thawed) rhubarb (from two 16 oz bags).

If you have a food processor, you can use it to cut the butter into the cake mix, using on and off pulses, until crumbly.

Old-Fashioned Rhubarb Pudding Cake

4	cups	diced fresh or frozen rhubarb	1	cup	all purpose flour
1 1/2	cups	sugar, divided	2	tsps	baking powder
1/4	cup	shortening	1/4	tsp	salt
1		egg	1/2	cup	milk
1/2	tsp	vanilla extract			

- 1 In a large saucepan, combine rhubarb and 1 cup sugar. Cook over medium heat for 12-15 minutes or until rhubarb is tender.
- 2 Meanwhile, in a small bowl, cream shortening and remaining sugar until light and fluffy; beat in egg and vanilla. Combine the flour, baking powder and salt; add to creamed mixture alternately with milk. Beat just until combined.
- 3 Pour into a greased 9 inch square baking dish. Pour rhubarb mixture over batter. Bake at 350° for 30-35 minutes or until a toothpick inserted near the center comes out clean. Cool on a wire rack. Yield: 9 servings.

Servings: 9

Cooking Times

Preparation Time: 30 minutes

Cooking Time: 30 minutes

Nutrition Facts

Nutrition (per serving): 257 calories, 7g total fat, 25mg cholesterol, 171mg sodium, 47g carbohydrates, 1g fiber, 3g protein.

Rhubarb Sour Cream Crumb Cake

Cake Ingredients					
1 1/2	cups	sugar	1	cup	sour cream
3/4	cup	butter, softened	3	cups	chopped fresh or frozen rhubarb
3		eggs			Crumb Topping
1 1/2	tsps	vanilla	1/2	cup	firmly packed brown sugar
3	cups	all purpose flour	1/4	cup	all purpose flour
2	tsps	baking powder	1	tsp	ground cinnamon
1	tsp	baking soda	1/4	cup	cold butter
3/4	tsp	salt			Topping
					Sweetened whipped cream

- 1 Heat oven to 350°F. Combine sugar and 3/4 cu butter in large bowl. Beat at medium speed, scraping bowl often, until well mixed. Add eggs and vanilla; continue beating until creamy.
- 2 Combine 2 3/4 cups flour, baking powder, baking soda and salt in medium bowl. Add to butter mixture alternately with sour cream, mixing well after each addition. Toss together rhubarb and remaining 1/4 cup flour in same medium bowl; gently stir into batter. Spread evenly into greased 13x9 inch baking pan.
- 3 Combine brown sugar, 1/4 cup flour and cinnamon in small bowl; cut in 1/4 cup butter until mixture resembles coarse crumbs. Sprinkle evenly over batter. Bake for 45-55 minutes or until toothpick inserted in center comes out clean.
- 4 To serve, dollop each serving with whipped cream. Sprinkle with additional ground cinnamon, if desired.
- 5 Variation: Cherry Sour Cream Crumb Cake: Omit vanilla and Rhubarb. Substitute 1 (16 ounce) can tart red cherries, drained and 1 1/2 teaspoons almond extract.

Servings: 15

Cooking Times

Preparation Time: 25 minutes

Cooking Time: 45 minutes

Nutrition Facts

Nutrition (per serving): 370 calories, 17g total fat, 85mg cholesterol, 410mg sodium, 50g carbohydrates, 1g fiber, 5g protein.

Special Rhubarb Cake

Ingredients		Streusel	
2	Tbsps	1/4	cup
1	cup	1/4	cup
1		2	Tbsps
2	cups		
1	tsp	1/2	cup
1/2	tsp	3/4	cup
1/2	tsp	1/2	cup
1	cup	1	tsp
2	cups		

- 1 In a large bowl, cream butter and sugar until light and fluffy. Beat in egg. Combine flour, baking powder, baking soda and salt; add to creamed mixture alternately with buttermilk, beating just until moistened. Fold in the rhubarb. Pour into a greased 9 inch square baking dish.
- 2 Combine topping ingredients; sprinkle over batter. Bake at 350° for 40-45 minutes or until a toothpick comes out clean. Cool on a wire rack.
- 3 For sauce, melt butter in a saucepan. Add sugar and milk. Bring to a boil; cook and stir for 2-3 minutes or until thickened. Remove from the heat; stir in vanilla. Serve with cake. Yield: 9 servings (1 1/4 cups sauce).

Servings: 9

Cooking Times

Preparation Time: 20 minutes

Cooking Time: 40 minutes

Nutrition Facts

Nutrition (per serving): 463 calories, 17g total fat, 70mg cholesterol, 451mg sodium, 72g carbohydrates, 1g fiber, 6g protein.

Strawberry Rhubarb Coffee Cake

3	cups	Filling	1	tsp	baking soda
		sliced fresh or frozen rhubarb (1-inch	1/2	tsp	salt
		pieces)	1	cup	butter, cut into pieces
1	quart	fresh strawberries, mashed	1 1/2	cups	buttermilk
2	Tbsps	lemon juice	2		eggs
1	cup	sugar	1	tsp	vanilla extract
1/3	cup	cornstarch			Topping
		Cake	1/4	cup	butter
3	cups	all purpose flour	3/4	cup	all purpose flour
1	cup	sugar	3/4	cup	sugar
1	tsp	baking powder			

- 1 In a large saucepan, combine rhubarb, strawberries and lemon juice. Cover and cook over medium heat about 5 minutes. Combine sugar and cornstarch; stir into saucepan. Bring to a boil, cook and stir for 2 minutes or until thickened. Remove from heat and set aside.
- 2 In a large bowl, combine flour, sugar, baking powder, baking soda and salt. Cut in butter until mixture

resembles coarse crumbs. Beat buttermilk, eggs and vanilla; stir into crumb mixture.

- 3 Spread half of the batter evenly into a greased 13x9 inch baking dish. Carefully spread filling on top. Drop remaining batter by tablespoonfuls over filling.
- 4 For topping, melt butter in a saucepan over low heat. Remove from heat; stir in flour and sugar until mixture resembles coarse crumbs. Sprinkle over batter. Lay foil on lower rack to catch any juice fruit spillovers.
- 5 Place coffee cake on middle rack; bake at 350° for 40-45 minutes. Cool in pan. Cut in squares. Yield: 16-20 servings.

Servings: 20

Cooking Times

Preparation Time: 45 minutes

Cooking Time: 40 minutes

Nutrition Facts

Nutrition (per serving): 328 calories, 12g total fat, 53mg cholesterol, 285mg sodium, 51g carbohydrates, 2g fiber, 4g protein.

Strawberry-Rhubarb Upside Down Cake

1/4 cup	butter or margarine	1 box	Supermoist yellow or French vanilla cake mix
1 cup	packed brown sugar		
2 cups	sliced fresh strawberries	1 1/4 cups	water
2 cups	chopped fresh rhubarb	1/3 cup	vegetable oil
		3	eggs

- 1 Heat oven to 350°F (325°F for dark or nonstick pan). In 13x9 inch pan, melt butter in oven. Sprinkle brown sugar evenly over butter. Arrange strawberries on brown sugar; sprinkle evenly with rhubarb. Press strawberries and rhubarb gently into brown sugar.
- 2 In large bowl, beat cake mix, water, oil and eggs with electric mixer on low speed 30 seconds. Beat on medium speed 2 minutes, scraping bowl occasionally. Pour batter over strawberries and rhubarb.
- 3 Bake 43 to 50 minutes or until toothpick inserted in center comes out clean. Immediately run knife around side of pan to loosen cake. Place heat proof serving plate upside down on pan; turn plate and pan over. Leave pan over cake 1 minute so brown sugar topping can drizzle over cake. Cool 30 minutes. Serve warm or cool. Store loosely covered at room temperature.

Servings: 12

Cooking Times

Preparation Time: 25 minutes

Nutrition Facts

Nutrition (per serving): 370 calories, 15g total fat, 65mg cholesterol, 330mg sodium, 56g carbohydrates, 39g sugar, 3g protein.

Tips

If fresh rhubarb is out of season, use frozen rhubarb. Just thaw and drain it before making the cake. Add a dollop of sweetened whipped cream or whipped topping to each piece of cake.

Fresh Fruit Cobbler

5-6 cups	chopped fresh fruit (apples, rhubarb, blueberries or peaches)	1 cup	milk
2 cups	all purpose flour		Topping
1/2 cup	sugar	2/3 cup	sugar
4 tsps	baking powder	1/4 cup	cornstarch
1 tsp	salt	1 1/2 cups	boiling water
1/2 cup	cold butter, cubed		

- 1 Arrange fruit evenly in the bottom of a 13 x 9 inch greased baking dish.
- 2 In a bowl, combine flour, sugar, baking powder and salt; cut in butter until crumbly. Stir in milk. Spoon over fruit. Combine sugar and cornstarch; sprinkle over batter. Pour water over all. Bake at 350° for 40-45 minutes or until fruit is tender. Yield: 12-16 servings.

Servings: 16

Cooking Times

Preparation Time: 15 minutes

Cooking Time: 40 minutes

Nutrition Facts

Nutrition (per serving): 204 calories, 6g total fat, 17mg cholesterol, 313mg sodium, 35g carbohydrates, 1g fiber, 2g protein.

Tips

If desired, a combination of apples and rhubarb or blueberries and peaches can be used.

Pear Rhubarb Brown Betty

2 cups	dried bread crumbs	1 tbsp	water
2 tsps	ground cinnamon	1 tbsp	lemon juice
1/2 cup	butter, melted	1 tsp	vanilla
2 cups	chopped fresh rhubarb	1 1/2 cups	sugar
2	large pears, peeled, cored, cut into 1/2 inch slices		

- 1 Heat oven to 350°F. Combine bread crumbs and 1 teaspoon cinnamon in medium bowl; stir in butter just until moistened.
- 2 Toss together rhubarb, pears, water, lemon juice and vanilla in large bowl. stir together sugar and remaining 1 teaspoon cinnamon in small bowl.
- 3 Sprinkle 2/3 cup bread crumb mixture over bottom of 9 inch deep-dish pie pan. Top with half of rhubarb-pear mixture; sprinkle with 3/4 cu sugar mixture. Top with 2/3 cup crumb mixture, remaining rhubarb-pear mixture, remaining sugar mixture and remaining crumb mixture.
- 4 Cover with aluminum foil. Bake for 40 minutes. Remove foil; continue baking for 15-20 minutes or until golden brown.
- 5 Serve warm or at room temperature.

Cooking Times

Preparation Time: 15 minutes

Cooking Time: 55 minutes

Nutrition Facts

Nutrition (per serving): 390 calories, 13g total fat, 30mg cholesterol, 330mg sodium, 66g carbohydrates, 3g fiber, 4g protein.

Tips

Frozen rhubarb, thawed, well-drained, can be substituted for fresh rhubarb. Cover; bake for 50 minutes. Remove foil; continue baking as directed above.

Strawberry Rhubarb Crunch

2 cups	all purpose flour	2 tbsps	cornstarch
2 cups	packed brown sugar	1 cup	water
1 cup	cold butter, cubed	1 tsp	vanilla extract
2 cups	quick cooking oats	1 pkg	(3 ounces) strawberry gelatin
6 cups	sliced fresh or frozen rhubarb, thawed		vanilla ice cream, optional
1 cup	sugar		

- 1 In a large bowl, combine flour and brown sugar. Cut in butter until crumbly. Stir in oats. Press half into a greased 13 x 9 inch baking dish; top with rhubarb.
- 2 In a small saucepan, combine sugar and cornstarch; stir in water until smooth. Bring to a boil; cook and stir for 2 minutes or until thickened. Remove from heat; stir in vanilla. Pour over rhubarb. Sprinkle with gelatin powder. top with remaining crumb mixture.
- 3 Bake at 350° for 40-45 minutes or until rhubarb is tender and topping is golden brown. Serve with ice cream if desired. Yield: 12-15 servings.

Cooking Times

Preparation Time: 15 minutes

Cooking Time: 40 minutes

Nutrition Facts

Nutrition (per serving): 406 calories, 13g total fat, 33mg cholesterol, 151mg sodium, 70g carbohydrates, 2g fiber, 4g protein.

Berry Rhubarb Fool

3 cups	sliced fresh or frozen rhubarb (1-inch pieces)	Dash salt
1/3 cup	sugar	1 cup heavy whipping cream
1/4 cup	orange juice	1 pint fresh strawberries, halved

- 1 In a large saucepan, combine the rhubarb, sugar, orange juice and salt. Bring to a boil. Reduce heat; cover and simmer for 6-8 minutes or until rhubarb is tender. Cool slightly.
- 2 In a blender, process rhubarb mixture until smooth. Transfer to a large bowl. Cover and refrigerate until chilled.
- 3 Just before serving, whip cream until soft peaks form. Fold into rhubarb mixture. In parfait glasses, alternately layer cream mixture and strawberries. Yield: 6 servings.

Servings: 6

Cooking Times

Preparation Time: 30 minutes

Nutrition Facts

Nutrition (per serving): 212 calories, 15g total fat, 54mg cholesterol, 42mg sodium, 19g carbohydrates, 2g fiber, 2g protein.

Creamy Rhubarb Dessert

		Ingredients			
1/2	cup	butter, cubed	2	pkgs	(8 ounces each) cream cheese, softened
1 1/2	cups	all purpose flour	1/2	cup	sugar
1/2	cup	chopped, pecans	1	tsp	vanilla extract
		Rhubarb Layer	3		eggs, lightly beaten
4	cups	sliced fresh or frozen rhubarb	Topping		
1/2	cup	sugar	1 1/2	cups	(12 ounces) sour cream
2	Tbsps	all purpose flour	3	Tbsps	sugar
		Cheesecake Layer	1	tsp	vanilla extract
			Additional chopped pecans, optional		

- 1 In a large bowl, cut butter into flour until mixture resembles coarse crumbs; stir in pecans. Press into an ungreased 13x9 baking pan.
- 2 Bake at 350° for 15 minutes. Combine rhubarb, sugar and flour; spoon over the crust. Bake for 15 minutes.
- 3 Meanwhile, in a large bowl, beat the cream cheese, sugar and vanilla until smooth. Add eggs, beat on low speed just until combined.
- 4 Pour over hot rhubarb layer. Bake for 30-35 minutes or until center is almost set. Cool on a wire rack for 10 minutes. Meanwhile, combine the sour cream, sugar and vanilla; spread over hot cheesecake. Sprinkle with additional pecans if desired. Cool on wire rack for 1 hour.
- 5 Refrigerate overnight. Refrigerate leftovers.
- 6 Yield: 14-16 servings

Servings: 16

Cooking Times

Preparation Time: 20 minutes

Cooking Time: 45 minutes

Nutrition Facts

Nutrition (per serving): 296 calories, 18g total fat, 86mg cholesterol, 124mg sodium, 28g carbohydrates, 1g fiber, 5g protein.

Rhubarb Cheesecake Dessert

		Ingredients			
1	cup	all purpose flour	3/4	cup	sugar
1/2	cup	packed brown sugar	3		eggs, lightly beaten
1/4	tsp	salt	1	tsp	vanilla extract
1/4	cup	cold butter	Topping		
1/2	cup	chopped walnuts	1	cup	sugar
1	tsp	vanilla extract	1	Tbsp	cornstarch
		Filling	1/4	tsp	ground cinnamon
2	pkgs	(8 ounces each) cream cheese, softened	1/4	cup	water
			3	cups	chopped fresh or frozen rhubarb, thawed and drained

- 1 In a bowl, combine flour, brown sugar and salt; cut in butter until mixture resembles coarse crumbs. Stir in walnuts and vanilla. Press into a greased 13x9 baking dish. Bake at 375° for 10 minutes. Cool slightly.
- 2 In a large bowl, beat cream cheese and sugar until lightly and fluffy. Add egg; beat on low speed just until combined. Add vanilla. Pour over the crust. Bake for 20-25 minutes or until center is set and edges are light brown. Cool on a wire rack for 1 hour.
- 3 In a large saucepan, combine the sugar, cornstarch and cinnamon. Gradually stir in water until smooth. Add rhubarb. Bring to a boil over medium heat; cook and stir for 5 minutes or until thickened. Cool. Pour over filling. Refrigerate at least 1 hour. Refrigerate leftovers. Yield: 12-15 servings.

Servings: 15

Cooking Times

Preparation Time: 30 minutes

Cooking Time: 20 minutes

Nutrition Facts

Nutrition (per serving): 276 calories, 12g total fat, 67mg cholesterol, 132mg sodium, 39g carbohydrates, 1g fiber, 5g protein.

Rhubarb Crisp Parfaits

	Sauce	1/2 cup	firmly packed brown sugar
5 cups	chopped fresh or frozen rhubarb	1/4 cup	butter
1 cup	sugar	1 cup	uncooked quick-cooking oats
1/3 cup	water	1/2 tsp	ground cinnamon
1 tbsp	cornstarch		Cream
1 tsp	freshly grated orange peel	1 cup	whipping cream
	Streusel	2 tbsps	sugar

- 1 Combine all sauce ingredients in 6-quart saucepan. Cook over medium-high heat, stirring occasionally, until mixture comes to a full boil (10 to 12 minutes). Reduce heat to medium. Cook, stirring often, until mixture is thickened (5 to 6 minutes). Spoon sauce into bowl. Let cool 30 minutes. Cover; chill at least 1 hour.
- 2 Meanwhile, heat oven to 350°F. Combine brown sugar and butter in 4-quart saucepan. Cook over medium heat until butter is melted (4 to 5 minutes). Remove from heat. Stir in oats and cinnamon.
- 3 Spread oat mixture onto ungreased 15x10x1 inch jelly-roll pan. Bake for 10-15 minutes or until browned, stirring once or twice. Let streusel stand in pan, stirring occasionally, until cooled (30 minutes). Store in container with tight-fitting lid until ready to assemble parfaits.
- 4 Beat whipping cream in small bowl at high speed until soft peaks form. Add 2 tablespoons sugar; continue beating until stiff peaks form.
- 5 To assemble parfaits, layer 1/4 cup sauce, 2 tablespoons streusel and 2 tablespoons whipped cream in each of eight (6-8 oz) parfait glasses. Repeat layers twice, ending with whipped cream.

Servings: 8

Cooking Times

Preparation Time: 45 minutes

Cooking Time: 10 minutes

Nutrition Facts

Nutrition (per serving): 410 calories, 18g total fat, 55mg cholesterol, 20mg sodium, 61g carbohydrates, 4g fiber, 4g protein.

Rhubarb Icebox Dessert

1 3/4 cups	graham cracker crumbs, divided	1 pkg	(3 ounces) raspberry or strawberry gelatin
3 Tbsps	butter, melted		
1 cup	sugar	1 carton	(8 ounces) frozen Whipped topping, thawed
2 Tbsps	cornstarch		
4 cups	diced fresh or frozen rhubarb	1 1/2 cups	miniature marshmallows
		2 cups	cold milk
		1 pkg	(3.4 ounces) instant vanilla pudding mix

- 1 In a bowl, combine 1 1/2 cups cracker crumbs and butter. Press mixture into a greased 13x9 inch baking dish. Bake at 350°F for 10 minutes or until lightly browned. Cool on a wire rack.

- 2 In a large saucepan, combine the sugar, cornstarch and rhubarb. Bring to a boil; cook and stir for 2-3 minutes or until thickened and rhubarb is tender. Remove from the heat; stir in gelatin until dissolved. Cover and refrigerate for 1 hour or until partially set.
- 3 Spoon rhubarb mixture over crust. Combine whipped topping and marshmallows; spread over rhubarb mixture.
- 4 In a bowl, whisk milk and pudding mix for 2 minutes. Let stand for 2 minutes or until soft-set. Carefully spread over marshmallow topping (the dish will be full). Sprinkle with remaining cracker crumbs. Refrigerate for at least 2 hours before serving. Yield: 15 servings.

Servings: 15

Cooking Times

Preparation Time: 15 minutes

Cooking Time: 10 minutes

Nutrition Facts

Nutrition (per serving): 140 calories, 30 calories from fat, 3.4g total fat, 6.1mg cholesterol, 66mg sodium, 108.5mg potassium, 27.4g carbohydrates, <1g fiber, 19.6g sugar, 1.1g protein.

Rhubarb Pudding Dessert

Ingredients			
1 cup	graham cracker crumbs	4 cups	chopped fresh or frozen rhubarb
2 tbsps	sugar	1/2 cup	water
1/4 cup	butter, melted	3 drops	red food coloring, optional
	Filling	1/2 cup	heavy whipping cream, whipped
1 cup	sugar	1 1/2 cups	miniature marshmallows
3 tbsps	cornstarch	1 pkg	(3.4 ounces) instant vanilla pudding mix

- 1 In a large bowl, combine the crumbs, sugar and butter; set aside 2 tablespoons. Press remaining crumbs into an ungreased 11x7 baking dish. Bake at 350° for 8-10 minutes; cool
- 2 For filling, in a large saucepan combine sugar and cornstarch. Add rhubarb and water; bring to a boil. Cook and stir for 2 minutes or until thickened. Stir in food coloring if desired. Spread over the crust; chill.
- 3 Combine whipped cream and marshmallows; spread over rhubarb layer. Prepare pudding mix according to package directions for pie filling; spread over marshmallow layer. Sprinkle with reserved crumbs. Cover and refrigerate for 4 hours or overnight. Yield: 9-12 servings.

Cooking Times

Preparation Time: 30 minutes

Rhubarb Swirl Cheesecake

2 1/2 cups	thinly sliced fresh or frozen rhubarb	2 cups	(16 ounces) sour cream
1/3 cup	plus 1/2 cup sugar, divided	1 tbsp	cornstarch
2 tbsps	orange juice	2 tsps	vanilla extract
1 1/4 cups	graham cracker crumbs	1/2 tsp	salt
1/4 cup	butter, melted	3	eggs , lightly beaten
3 pkgs	(8 ounces each) cream cheese, softened	8 ounces	white baking chocolate, melted

- 1 In a large saucepan, bring rhubarb, 1/3 cup sugar and orange juice to a boil. Reduce heat; cook and stir until thickened and rhubarb is tender. Set aside.
- 2 In a small bowl, combine cracker crumbs and butter. Press onto the bottom of a greased 9 inch springform pan. Place on a baking sheet. Bake at 350° for 7-9 minutes or until lightly browned. Cool on a wire rack.
- 3 In a large bowl, beat the cream cheese, sour cream, cornstarch, vanilla, salt and remaining sugar until

- smooth. ad eggs; beat just until combined. Fold in white chocolate.
- 4 Pour half of the filling into crust. Top with half of the rhubarb sauce; cut through batter with a knife to gently swirl rhubarb. Layer with remaining filling and rhubarb sauce; cut through top layers with a knife to gently swirl rhubarb.
 - 5 Place pan on a double thickness of heavy-duty foil (about 16 inc square). Securely wrap foil around pan. Place in a large baking pan; add 1 inch of hot water to larger pan. Bake at 350° for 60-70 minutes or until center is almost set.
 - 6 Cool on a wire rack for 10 minutes. Carefully run a knife around edge of pan to loosen; cool 1 hour longer. Cover and chill overnight. Refrigerate leftovers. Yield: 12-14 servings.

Cooking Times

Preparation Time: 40 minutes

Cooking Time: 1 hour

Nutrition Facts

Nutrition (per serving): 264 calories, 17g total fat, 94mg cholesterol, 244mg sodium, 22g carbohydrates, 1g fiber, 5g protein.

Rhubarb Upside Down Desserts

1/3	cup	packed brown sugar	4		frozen southern style biscuits (from 25 oz bag)
2	tbsps	butter or margarine, melted			
2	tbsps	dark or light corn syrup	1/2	tsp	granulated sugar
1/2	tsp	grated orange peel	1/8	tsp	ground cinnamon
1 1/2	cups	chopped fresh rhubarb	1	cup	vanilla ice cream

- 1 Heat oven to 375°F. Spray insides of 4 (6-oz) custard cups with cooking spray. Place custard cups on cookie sheet with sides.
- 2 In medium bowl, mix brown sugar, butter, corn syrup, orange peel and rhubarb; divide evenly among custard cups. Top each with 1 biscuit. In small bowl, mix granulated sugar and cinnamon; sprinkle over biscuits.
- 3 Bake 25-28 minutes or until deep golden brown; cool 1 minute. Turn upside down onto 4 serving plates; remove custard cups. Serve warm with ice cream.

Servings: 4

Cooking Times

Preparation Time: 15 minutes

Nutrition Facts

Nutrition (per serving): 420 calories, 19g total fat, 30mg cholesterol, 640mg sodium, 57g carbohydrates, 31g sugar, 6g protein.

Tips

To prepare fresh rhubarb, trim the ends and discard all traces of the leaves (rhubarb leaves are poisonous). Scrub the stalks and cut into pieces about 1 inch in length. Instead of vanilla ice cream, serve these desserts with cinnamon ice cream.

Cinnamon Rhubarb Muffins

1/2	cup	firmly packed brown sugar	1/2	tsp	ground cinnamon
1/4	cup	butter, softened	1 1/2	cups	sliced 1/4 inch fresh or frozen rhubarb
1	cup	sour cream			Topping Ingredients:
2		eggs	1	Tbs	sugar
1 1/2	cups	all purpose flour	1/2	tsp	ground cinnamon
3/4	tsp	baking soda			

- 1 Heat oven to 375°F. Combine brown sugar and butter in large bowl. Beat at medium speed until mixture is creamy. Add sour cream and eggs; continue beating until well mixed.
- 2 Stir together flour, baking soda and 1/2 teaspoon cinnamon in medium bowl. Stir flour mixture into sour cream mixture just until moistened. Gently stir in rhubarb. Spoon into greased or paper-lined 12 cup muffin pan.
- 3 Stir together 1 tablespoon sugar and 1/2 teaspoon cinnamon in small bowl. Sprinkle about 1/4 teaspoon mixture on top of each muffin. Bake for 25 to 30 minutes or until lightly browned. Let stand 5 minutes; remove from pans.

Servings: 12

Cooking Times

Preparation Time: 20 minutes

Cooking Time: 25 minutes

Nutrition Facts

Nutrition (per serving): 180 calories, 8g total fat, 45mg cholesterol, 135mg sodium, 24g carbohydrates, 2g fiber, 4g protein.

Rhubarb Cream Muffins

Ingredients			
1/4 cup	butter, softened	1/2 cup	sour cream
3/4 cup	packed brown sugar	3/4 cup	diced fresh or frozen rhubarb
1	egg	1/4 cup	chopped walnuts
			Topping
1 cup	all purpose flour	1/4 cup	sugar
1/2 tsp	baking soda	1/2 tsp	ground cinnamon
1/2 tsp	baking powder	1 tbs	cold butter
1/4 tsp	salt		

- 1 In a large bowl, cream butter and brown sugar until light and fluffy. Add egg; mix well. Combine the flour, baking powder, baking soda and salt; add to creamed mixture alternately with sour cream. Fold in rhubarb and walnuts.
- 2 Fill paper-lined muffin cups three-fourths full. For topping, combine sugar and cinnamon in a bowl; cut in butter until crumbly. Sprinkle over batter.
- 3 Bake at 375° for 15-20 minutes or until a toothpick inserted near the center comes out clean. Cool for 5 minutes before removing from pan to a wire rack. Serve warm.
- 4 Yield: 8 muffins

Servings: 8

Cooking Times

Preparation Time: 20 minutes

Cooking Time: 15 minutes

Nutrition Facts

Nutrition (per serving): 287 calories, 13g total fat, 56mg cholesterol, 249mg sodium, 40g carbohydrates, 1g fiber, 4g protein.

Rhubarb Nut Muffins

Ingredients			
1 1/2 cups	all purpose flour	1 tsp	vanilla extract
3/4 cup	packed brown sugar	1 cup	diced fresh or frozen rhubarb
1/2 tsp	baking soda	1/2 cup	chopped walnuts

1/2	tsp	salt							Topping
1		egg		1/4	cup	packed brown sugar			
1/3	cup	canola oil		1/2	cup	chopped walnuts			
1/2	cup	buttermilk		1/2	tsp	ground cinnamon			

- 1 In a large bowl, combine flour, brown sugar, baking soda and salt. In a small bowl, whisk the egg, oil, buttermilk and vanilla. Stir into dry ingredients just until moistened. Fold in rhubarb and walnuts.
- 2 Fill greased or paper-lined muffin cups two-thirds full. Combine topping ingredients; sprinkle over muffins. Bake at 375 for 20-25 minutes or until a toothpick comes out clean. Cool for 5 minutes before removing from pan to a wire rack. Yield: about 10 muffins.

Servings: 10

Cooking Times

Preparation Time: 15 minutes

Cooking Time: 20 minutes

Nutrition Facts

Nutrition (per serving): 307 calories, 15g total fat, 22mg cholesterol, 210mg sodium, 39g carbohydrates, 1g fiber, 6g protein.

Crumb Top Rhubarb Pie

		Crust Ingredients		1/2	tsp	ground cinnamon
1	cup	all purpose flour		1/4	tsp	ground nutmeg
1/8	tsp	salt		4	cups	sliced 1/2 inch fresh rhubarb*
1/3	cup	cold butter		1/3	cup	chopped pecans, if desired
3-4	tsps	cold water				Topping Ingredients
		Filling Ingredients		1	cup	all purpose flour
1 1/4	cups	sugar		2/3	cup	sugar
1/3	cup	all-purpose flour		1/2	cup	cold butter

- 1 Heat oven to 400°F. Combine 1 cup flour and salt in large bowl; cut in 1/3 cup butter with pastry blender or fork until mixture resembles coarse crumbs. Stir in enough water with fork just until flour is moistened. Shape into ball; flatten slightly. Roll out ball of dough on lightly floured surface into 12 inch circle. Fold into quarters. Place dough into 9 inch pie pan; unfold, pressing firmly against bottom and sides. Trim crust to 1/2 inch from edge of pan. Crimp or flute edge. Set aside.
- 2 Combine all filling ingredients except rhubarb and pecans in large bowl. Add rhubarb; toss until well coated. Spoon into prepared crust; sprinkle with pecans, if desired. Set aside.
- 3 Combine 1 cup flour and 2/3 cup sugar in medium bowl; cut in 1/2 cup butter until mixture resembles coarse crumbs. Sprinkle mixture over rhubarb. Cover edge of crust with 2 inch strip aluminum foil. Bake for 50 to 60 minutes or until topping is golden brown and filling bubbles around edges. Remove aluminum foil during last 10 minutes, if desired.
- 4 *Substitute frozen rhubarb, thawed, well drained, patted dry with paper towels.

Servings: 8

Cooking Times

Preparation Time: 40 minutes

Cooking Time: 50 minutes

Nutrition Facts

Nutrition (per serving): 560 calories, 26g total fat, 50mg cholesterol, 230mg sodium, 79g carbohydrates, 5g protein.

Peach Rhubarb Pie

	Filling and Crust	2	cups	chopped fresh or frozen rhubarb (partially thawed)
1	cup			granulated sugar
3/4	cup			brown sugar
3	tbsps			quick cooking tapioca
1	tsp			ground cinnamon
				Dash salt
1/2	cup			fresh orange juice
1	box			refrigerated pie crusts, softened as directed on box
		1	cup	chopped pecans
		3/4	cup	coconut
		2	Tbsps	packed brown sugar
		3	Tbsps	butter, melted

- 1 Heat oven to 375°F. In small bowl, mix sugars, tapioca, cinnamon, salt and orange juice. Make pie crusts as directed on box for Two-Crust Pie using 9 inch glass pie plate. Place rhubarb in crust-lined plate; sprinkle with half of sugar mixture. Top with peaches; sprinkle with remaining sugar mixture. Top with second crust and flute; cut slits in several places. Bake 35 minutes.
- 2 Meanwhile, in small bowl, mix topping ingredients; sprinkle over to crust. Bake 10 minutes longer or until golden brown. Cool at least 2 hours before serving.
- 3 This pie recipe by Margaret Miller of Burdett, KS, won the Pillsbury Refrigerated Pie Baking Championship at the 2009 Kansas State Fair.

Servings: 8

Cooking Times

Preparation Time: 35 minutes

Cooking Time: 3 hours and 20 minutes

Nutrition Facts

Nutrition (per serving): 640 calories, 31g total fat, 15mg cholesterol, 340mg sodium, 88g carbohydrates, 4g fiber, 56g sugar, 2g protein.

Rhubarb Custard Tart

	Crust			Filling	
1	box	refrigerated pie crusts, softened as directed on box	3/4	cup	granulated sugar
		Topping	3	tbsps	all purpose flour
1/2	cup	all purpose flour	1/2	cup	whipped cream
1/2	cup	packed brown sugar	2	tsp	apricot preserves
1/4	cup	quick cooking oats	1		egg yolk
1/4	cup	butter, softened	3	cups	sliced fresh rhubarb, or frozen rhubarb, thawed, drained

- 1 Place pie crust in 9 inch tart pan with removable bottom or 9 inch glass pie pan as directed on box for one crust filled pie. Trim edge if necessary.
- 2 Place cookie sheet on middle oven rack in oven to preheat; heat oven to 375°F. In small bowl, mix 1/2 cup flour, the brown sugar and oats. With fork or pastry blender, cut in butter until mixture is crumbly; set aside.
- 3 In large bowl, mix granulated sugar and 3 tablespoons flour. Stir in whipping cream, apricot preserves and egg yolk until well blended. Stir in rhubarb. Pour filling into crust-lined pan. Sprinkle topping evenly over filling.
- 4 Place tart on preheated cookie sheet in oven; bake 40 to 50 minutes or until filling bubbles around edge and topping is deep golden brown. Let stand 30 minutes before serving.

Servings: 12

Cooking Times

Preparation Time: 20 minutes

Nutrition Facts

Nutrition (per serving): 260 calories, 11g total fat, 40mg cholesterol, 100mg sodium, 38g carbohydrates, 1g fiber, 22g sugar.

Rhubarb Meringue Pie

	Pastry		1/3 cup	all purpose flour
1 cup	all purpose flour		4 cups	cut-up rhubarb
1/2 tsp	salt		2 tbsps	butter or margarine
1/3 cup	plus 1 tablespoon shortening			Meringue
2-3 Tbsps	cold water		3	egg whites
	Filling		1/4 tsp	cream of tartar
2	eggs		1/4 cup	sugar
1 cup	sugar			

- 1 In medium bowl, mix 1 cup flour and the salt. Cut in shortening, using pastry blender (or pulling 2 table knives through ingredients in opposite directions), until particles are size of small peas. Sprinkle with cold water, 1 tablespoon at a time, tossing with fork until all flour is moistened and pastry almost cleans side of bowl (1 to 2 teaspoons more water can be added if necessary).
- 2 Gather pastry into a ball. Shape into flattened round on lightly floured surface. Wrap in plastic wrap; refrigerate about 45 minutes or until dough is firm and cold, yet pliable. this allows the shortening to become slightly firm, which helps make the baked pastry more flaky. If refrigerated longer, let pastry soften slightly before rolling.
- 3 Heat oven to 475°F. With floured rolling pin, roll pastry into round 2 inches larger than upside-down 9-inch glass pie plate. Fold pastry into fourths; place in pie plate. Unfold and ease into plate, pressing firmly against bottom and side. Trim overhanging edge of pastry 1 inch from rim of pie plate. Fold and roll pastry under, even with plate; flute as desired. Prick bottom and side of pastry thoroughly with fork. Bake 8 to 10 minutes or until light brown; cool on cooling rack.
- 4 Reduce oven temperature to 375°F. in large bowl, beat 2 eggs and 1 cup sugar with electric mixer on medium speed until thickened. Stir in 1/3 cup flour and the rhubarb; pour into pie crust. Cut butter into small pieces; sprinkle over pie. Cover edge of pastry with 2-3 inch strip of foil to prevent excessive browning.
- 5 Bake 35 to 45 minutes or until filling is bubbly and rhubarb is tender. Cool pie on cooling rack while preparing meringue.
- 6 In large bowl, beat egg whites and cream of tartar with electric mixer on high speed until foamy. beat in 1/4 cup sugar, 1 tablespoon at a time, until stiff and glossy (do not underbeat), Spread meringue over rhubarb mixture to edge of crust. Bake 6-8 minutes or until light brown. Cool pie away from draft, about 30 minutes.

Servings: 8

Cooking Times

Preparation Time: 40 minutes

Nutrition Facts

Nutrition (per serving): 315 calories, 15g total fat, 60mg cholesterol, 200mg sodium, 42g carbohydrates, 1g fiber, 6g protein.

Strawberry Rhubarb Pie

2 cups	frozen strawberries, thawed, drained and juice reserved	1 box	refrigerated pie crusts, softened as directed on box
1 cup	granulated sugar	1	egg yolk, beaten
2 Tbsps	cornstarch	1 tbsps	water
3 cups	chopped frozen rhubarb (partially thawed)	3 tbsps	coarse sugar
2 Tbsps	cold butter, cut into small pieces		

- 1 Heat oven to 400°F. Make pie crusts as directed on box for Two-Crust Pie using 9 inch glass pie plate.

- In large bowl, place reserved strawberry juice. In small bowl, mix granulated sugar and cornstarch; whisk into reserved strawberry juice. Stir in rhubarb and strawberries; spoon into crust-lined pie plate. Dot with butter.
- To make lattice top, cut second crust into 1/2 inch-wide strips with pastry cutter. Place half of the strips across filling in pie plate. Weave remaining strips with first strips to form lattice. Trim ends of strips even with edge of bottom crust. Fold trimmed edge of bottom crust over ends of strips, forming a high stand-up rim. Seal and flute. In small bowl, mix egg yolk and water. Brush lattice strips with egg yolk mixture; sprinkle with sugar.
- Bake 20 minutes; cover edge of crust with strips of foil to prevent excessive browning. Bake 20 to 30 minutes longer or until golden brown. Cool at least 2 hours before serving.

Servings: 8

Cooking Times

Preparation Time: 25 minutes

Nutrition Facts

Nutrition (per serving): 400 calories, 16g total fat, 40mg cholesterol, 300mg sodium, 63g carbohydrates, 2g fiber, 33g sugar.

Rhubarb-Strawberry Tart

Ingredients			
1 box	refrigerated pie crusts, softened as directed on box	3 cups	coarsely sliced fresh rhubarb
2 eggs		2 cups	sliced fresh strawberries
3/4 cup	granulated sugar	1/2 cup	packed brown sugar
3 Tbsps	all purpose flour	1/4 cup	all purpose flour
1/4 tsp	almond extract	1/4 teaspoon	ground nutmeg
		2 Tbsps	butter or margarine, cut into pieces

- Heat oven to 375°F. Place pie crust in 10 inch tart pan with removable bottom as directed on box for One-Crust Filled Pie. Trim edges if necessary.
- In large bowl, beat eggs with electric mixer on medium speed until light. Beat in granulated sugar, 3 tablespoons flour and the almond extract until well blended. Alternately layer rhubarb and strawberries into crust-lined pan. Pour egg mixture over fruit.
- In small bowl, mix brown sugar, 1/4 cup flour and the nutmeg. With pastry blender or fork, cut in butter until mixture resembles coarse crumbs. Sprinkle over top.
- Bake 50 to 60 minutes or until crust is golden brown and filling is set in center. Cool completely, about 2 hours. Remove side of pan; cut tart into wedges. Store in refrigerator.

Nutrition Facts

Nutrition (per serving): 220 calories, 7g total fat, 45mg cholesterol, 115mg sodium, 1g fiber, 23g sugar, 2g protein.

Strawberry Rhubarb Tart

Ingredients			
1/2 cup	old-fashioned oats, toasted	1/2 tsp	vanilla extract
2/3 cup	all purpose flour	Filling	
1/4 cup	sugar	3 1/2 cups	sliced fresh strawberries, divided
1 tsp	grated lemon peel	2 cups	sliced fresh or frozen rhubarb
3/4 tsp	baking powder	1/4 cup	sugar
1/4 tsp	salt	1/2 tsp	grated lemon peel
2 tbsps	canola oil	5 tsps	cornstarch
3 tbsps	milk	1 tbsp	cold water
		4 tsp	currant jelly, melted

- Process oats in a food processor until finely ground. Place in a large bowl; add the flour, sugar, lemon peel, baking powder and salt. Slowly add oil, stirring until mixture resembles coarse crumbs. Combine milk and vanilla; stir into flour mixture, a tablespoon at a time, until mixture forms a ball.

- 2 Turn onto a floured surface; knead 7-8 times. Place pastry between sheets of waxed paper; roll out to fit a 9 inch fluted tart pan with removable bottom. Grease the tart pan; gently press pastry into pan. Line pastry shell with a double thickness of heavy-duty foil. Bake at 350° for 12 minutes. Remove foil; bake 8-12 minutes longer or until lightly browned. Cool on a wire rack.
- 3 For filling, combine 1 cup strawberries, rhubarb, sugar and lemon peel in a large saucepan. Let stand for 30 minutes.
- 4 Cook and stir over medium-low heat for 8-10 minutes or until rhubarb is tender but retains shape. Combine cornstarch and water until smooth; stir into fruit mixture. Bring to a boil; cook and stir for 2 minutes or until thickened. Pour into a bowl; cover surface with waxed paper. Refrigerate for 1-2 hours.
- 5 Just before serving, spread filling into crust. Arrange remaining strawberries on top. Brush with jelly. Yield: 12 servings.

Servings: 12

Cooking Times

Preparation Time: 1 hour and 20 minutes

Nutrition Facts

Nutrition (per serving): 119 calories, 3g total fat, <1mg cholesterol, 67mg sodium, 23g carbohydrates, 2g fiber, 2g protein.

Refreshing Rhubarb Salad

4	cups	diced fresh or frozen rhubarb	1	cup	orange juice
1 1/2	cups	water	1	tsp	grated orange peel
1/2	cup	sugar	1	cup	sliced fresh strawberries
1	pkg	(6 ounces) strawberry gelatin			Mayonnaise, fresh mint and additional strawberries, optional

- 1 In a saucepan over medium heat, bring the rhubarb, water and sugar to a boil. Cook, uncovered, until rhubarb is tender, about 6-8 minutes. Remove from the heat; stir in gelatin until dissolved. Stir in the orange juice and peel.
- 2 Chill until mixture begins to thicken. Fold in strawberries. Pour into a 2-qt. bowl; chill until set. If desired, garnish with a dollop of mayonnaise, mint and strawberries. Yield: 12-14 servings.

Servings: 14

Cooking Times

Preparation Time: 20 minutes

Nutrition Facts

Nutrition (per serving): 91 calories, 29mg sodium, 22g carbohydrates, 1g fiber, 2g protein.

Rhubarb Pear Gelatin

2	pkgs	(6 ounces each) strawberry gelatin	2/3	cup	sugar
2	cups	miniature marshmallows, divided	2	cups	cold water
4	cups	fresh or frozen rhubarb	1	can	(15 1/4 ounces) sliced pears, drained and chopped
2	cups	water			

- 1 Place gelatin and 1 cup marshmallows in a large bowl; set aside.
- 2 In a large saucepan, combine the rhubarb, water and sugar. Bring to a boil. Reduce heat; cover and simmer for 3-4 minutes or until rhubarb is tender. Remove from the heat; pour over marshmallow mixture, stirring to dissolve gelatin. Stir in the cold water, pears and remaining marshmallows.
- 3 Transfer to a 13 x 9 inch dish. Refrigerate for at least 6 hours or until firm. Yield: 12 servings

Servings: 12

Cooking Times

Preparation Time: 25 minutes

Nutrition Facts

Nutrition (per serving): 204 calories, 73mg sodium, 50g carbohydrates, 1g fiber, 3g protein.

Cherry Rhubarb Jam

4	cups	diced fresh or frozen rhubarb	1	can	(21 ounces) cherry pie filling
1 1/2	cups	sugar	1/8	tsp	almond extract, optional
1	pkg	(3 ounces) cherry gelatin			

- 1 In a large saucepan, combine rhubarb and sugar; let stand for 1 1/2 hours, stirring occasionally.
- 2 Bring to a boil; cook, uncovered, for 10 minutes or until rhubarb is tender. Remove from heat; stir in gelatin until dissolved. Stir in pie filling and extract if desired. Transfer to jars; cool. Cover and store in the refrigerator for up to 3 weeks. Yield: 5 cups.

Cooking Times

Preparation Time: 10 minutes

Cooking Time: 15 minutes

Nutrition Facts

Nutrition (per serving): 28 calories, 4mg sodium, 7g carbohydrates.

Orange Rhubarb Spread

4	cups	diced fresh or frozen rhubarb	1	pkg	(1 3/4 ounces) powdered fruit pectin
2	cups	water	4	cups	sugar
1	can	(6 ounces) frozen orange juice concentrate, thawed			

- 1 In a large saucepan, bring rhubarb and water to a boil. Reduce heat; simmer, uncovered, for 7-8 minutes or until rhubarb is tender. Drain and reserve cooking liquid. Cool rhubarb and liquid to room temperature.
- 2 Place the rhubarb in a blender; cover and process until pureed. Transfer to a 4-cup measuring cup; add enough reserved cooking liquid to measure 2 1/3 cups. Return to the saucepan.
- 3 Add orange juice concentrate and pectin; bring to a full rolling boil, stirring constantly. Stir in sugar. Return to a full rolling boil; boil and stir for 1 minute. Remove from the heat; skim off foam.
- 4 Pour into jars or freezer containers; cool to room temperature, about 1 hour. Cover and let stand overnight or until set, but not longer than 24 hours. Refrigerate or freeze. Yield: 5 half-pints.

Cooking Times

Preparation Time: 5 minutes

Cooking Time: 20 minutes

Nutrition Facts

Nutrition (per serving): 94 calories, 1mg sodium, 24g carbohydrates.

Rhubarb-Strawberry Conserve

2 cups sugar
1/2 cup water
1 lb rhubarb, cut into 1-inch pieces (4 cups)

1 pint (2 cups) strawberries, cut in half
1/2 cup coarsely chopped walnuts
1/4 cup golden raisins

- 1 Heat sugar and water to boiling in 3-quart saucepan, stirring constantly. Stir in rhubarb. Boil gently about 15 minutes, stirring frequently, until thickened. Stir in strawberries, walnuts and raisins. Heat to boiling; boil gently 5 minutes. Quickly skim off foam.
- 2 Immediately pour into hot, sterilized jars, leaving 1/4 inch headspace. Wipe rims of jars; seal. Cool on rack 1 hour. Store in refrigerator up to 2 months.

Cooking Times

Preparation Time: 30 minutes

Nutrition Facts

Nutrition (per serving): 35 calories, 1g total fat, 7g carbohydrates.

Sure-Jell Rhubarb Jam

4 1/2 cups prepared fruit (about 2 1/2 lb. fully ripe rhubarb)
1 cup water
1 box Sure-Jell Fruit Pectin

1/2 tsp butter or margarine
6 1/2 cups sugar, measured into separate bowl

- 1 Bring boiling-water canner, half full with water, to simmer. Wash jars and screw bands in hot soapy water; rinse with warm water. Pour boiling water over flat lids in saucepan off the heat. Let stand in hot water until ready to use. Drain jars well before filling.
- 2 Chop unpeeled rhubarb finely. Place rhubarb and water in 4-qt saucepan. Bring to boil on high heat. Reduce heat to medium; simmer 2 min. or until rhubarb is tender. Measure exactly 4 1/2 cups prepared rhubarb into 6 or 8 quart saucepot.
- 3 Stir pectin into prepared rhubarb in saucepot. Add butter to reduce foaming. Bring to full rolling boil (a boil that doesn't stop bubbling when stirred) on high heat, stirring constantly. Stir in sugar. Return to full rolling boil, stirring constantly. Boil exactly 1 min., stirring constantly. Remove from heat. Skim off any foam with metal spoon.
- 4 Ladle immediately into prepared jars, filling to within 1/8 inch of tops. Wipe jar rims and threads. Cover with two-piece lids. Screw bands tightly. Place jars on elevated rack in canner. Lower rack into canner. (Water must cover jars by 1-2 inches. Add boiling water if necessary.) Cover; bring water to gently boil. Process 10 min. Remove jars and place upright on a towel to cool completely. After jars cool, check seals by pressing middles of lids with finger. (If lid springs back, lid is not sealed and refrigeration is necessary.)

Cooking Times

Preparation Time: 45 minutes

Nutrition Facts

Nutrition (per serving): 40 calories, 11g carbohydrates, 10g sugar.

Tips

Add a few drops of red food coloring after you remove jam from heat and skim off any foam with metal spoon.

Rhubarb Sauce

1/2 - 3/4 cup sugar
1/2 cup water

1 lb rhubarb, cut into 1-inch pieces (4 cups)
Ground cinnamon, if desired

- 1 In 2-quart saucepan, heat sugar and water to boiling, stirring occasionally. Stir in rhubarb; reduce heat. Simmer uncovered about 10 minutes, stirring occasionally, until rhubarb is tender and slightly transparent.
- 2 Stir in cinnamon. Serve sauce warm or chilled.

Cooking Times

Preparation Time: 10 minutes

Total Time: 25 minutes

Nutrition Facts

Nutrition (per serving): 80 calories, 18g carbohydrates, 1g fiber, 17g sugar.