

Rhubarb Recipes

Rhubarb Chili: A Tangy Twist to a Classic Recipe

2 pounds tomatoes (about 3 cups)
1 large onion, diced
2 garlic cloves, minced
1 tablespoon olive oil
1 pound ground beef (optional)
3 cups low sodium vegetable broth
1/3 cup raisins
1 tablespoon chili powder
1/4 teaspoon allspice
2 cups rhubarb, diced
30 ounces canned black beans

To prepare tomatoes, blanch, remove skin and chop. In a large sauce pan on medium heat, sauté onion and garlic with olive oil and ground beef, if desired. Drain fat, if necessary. Add broth, blanched tomatoes, raisins, chili powder and allspice. Bring to a boil, reduce heat and simmer for 20 minutes. Stir in rhubarb and black beans and simmer for another 15 minutes. Makes 8, 1 ¼ cup servings, 10 servings if made with beef.

Nutrition per serving without beef: 190 calories; 3 g fat; 0 g sat. fat; 9 g protein; 510 mg sodium; 32 g carbohydrate, 9 g fiber. **Nutrition bonus:** Vitamin C (40% daily value), Iron (15% daily value).

Rhubarb Apple Crumble Bars

1 cup chopped fresh rhubarb
1 cup peeled, chopped apple
1 cup packed brown sugar, *divided*
4 tablespoon water, *divided*
1 teaspoon lime juice
4 teaspoons cornstarch
1 cup old-fashioned oats
3/4 cup flour
1/2 cup flaked, unsweetened coconut
1/2 teaspoon salt
1/3 cup butter, melted

Preheat oven to 350 F°. Grease an 8-inch square baking dish and set aside.

In a medium saucepan, combine rhubarb, apple, 1/2 cup brown sugar, 3 tablespoons of water and

the lime juice. Bring to a boil and then reduce heat and simmer for about 5 minutes or until rhubarb is tender.

Combine the cornstarch with and the remaining 1 tablespoon of water until smooth. Gradually stir into the rhubarb mixture and bring back to a boil for about 2 minutes or until thickened. Remove from heat and set aside.

In a large bowl, combine oats, flour, coconut, salt and remaining 1/2 cup brown sugar. Pour in the melted butter and stir until mixture is crumbly.

In a greased 8-inch square pan, pour in half the oat mixture and press down lightly with the back of a spoon. Top with the rhubarb mixture and then spread the remaining oat mixture on top. Bake at 350 F° for 25-30 minutes or until golden brown. Remove from oven and let cool on a wire rack. Makes 12 servings.

Nutrition per serving: 299 calories; 10 g fat; 4 g sat. fat; 3 g protein; 162 mg sodium; 51 g carbohydrate, 3 g fiber. **Nutrition bonus:** Vitamin C (40% daily value)

Rhubarb Almond Muffins

½ cup low-fat vanilla yogurt
2 tbsp butter, melted
2 tbsp vegetable oil
1 egg
1 1/3 cup all-purpose flour
¾ cup brown sugar
½ tsp baking soda
¼ tsp salt
1 cup rhubarb, finely diced

Topping

¼ cup brown sugar
½ teaspoon ground cinnamon
¼ teaspoon ground nutmeg
¼ cup sliced almonds, crushed
2 teaspoons butter, melted

Preheat the oven to 350 degrees F. Grease a muffin tin, or line with paper liners.

In a medium bowl, stir together the yogurt, 2 tbsp of melted butter, oil and egg. In a large bowl, stir together the flour, ¾ cup of brown sugar, baking soda and salt. Pour the wet ingredients into the dry, and mix until just blended. Fold in rhubarb. Spoon into the prepared muffin tin, filling cups at least 2/3 full. In a small bowl, stir together ¼ cup of brown sugar, cinnamon, nutmeg, almonds, and 2 teaspoons of melted butter. Spoon over the tops of the muffins, and press down lightly. Bake for 25 minutes (20 minutes for mini-muffins), or until the tops spring back when

lightly pressed. Cool in the pan for about 15 minutes before removing. Makes 1 dozen muffins or 2 dozen mini-muffins.

Nutrition per serving: Calories:170; fat:6g; sat fat:1.5g; sodium:125mg, carbs:28g.

Strawberry-Rhubarb Sauce

1 pound Rhubarb, cut into 2 inch pieces

1 pint Strawberries, quartered

1 cup sugar

2 teaspoon vanilla (optional)

Shortcake biscuits

Place rhubarb in a medium sauce pan. On medium heat slowly warm rhubarb. After the rhubarb cooks and releases water, cover and simmer for 5 minutes. Add strawberries and sugar. Simmer for an additional 5 minutes. Remove from heat and stir in vanilla, if desired. Allow to cool slightly. Serve over shortcake biscuits or vanilla ice cream. Makes about 4 cups sauce. Makes 8-10 servings.

Provided by Cornell Cooperative Extension

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