

Welcome Spring!

Strawberries And Rhubarb



Fresh Fruit Crumble

8 servings, 155 calories,
6 grams fat, 25 g carbohydrates

3 cups chopped rhubarb
1/2 cup white sugar
1/2 cup flour
1/4 cup dark brown sugar
1/2 teaspoon cinnamon
1/2 stick (1/4 cup) cold butter or
margarine

1. Preheat oven to 350 degrees. Spread fruit over bottom of an 8 x 8 inch pan. Sprinkle sugar evenly over fruit.
2. Mix flour, brown sugar and cinnamon in a bowl. Cut in butter until the size of tiny peas. Spread this mixture over fruit. Bake 45 minutes.

Note: Peeled, sliced apples; pitted tart cherries; cranberries, or a combination of any two, can be used instead of rhubarb.



Strawberry Milk Smoothie

2 servings, 95 calories,
17 g carbohydrates, 2 g fat

1 cup cold milk
3/4 cup strawberries
1 tablespoon sugar
1 teaspoon lemon juice
1 cup crushed ice

Put all ingredients into blender container, cover and process at high speed until smooth. Top with grated nutmeg.



Strawberry/Rhubarb Tapioca Pudding

8 servings, 146 calories,
37 g carbohydrates

Cook:

3 cups rhubarb, cut up
4 1/2 tablespoons quick Tapioca
1/8 teaspoon salt
1 1/8 cup sugar
2 cups water

1. Stir while cooking. Cool and add 1 1/2 cups strawberries.
2. Top with whipped cream (optional).



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Strawberries

1. Choose firm, plump and full colored; natural and bright green caps. Pick early in the morning or later in day when fruit is cool. Sort and remove damaged or bruised berries.
2. Remove berries from container and arrange in single layer on cookie sheet and refrigerate-keep several days.
3. Best stored at 32 degrees.
4. Wash berries, removing caps before using.
5. Freezes well, in sugar, syrup or plain, serve barely defrosted.



Preserving

Freezing Strawberries:

- Without sugar: for later use in jam and other recipes- Put sliced or washed and dried berries in freezer container to 1/2" of top. Combine 1-quart cold water and 1-Tablespoon lemon or lime juice and pour over berries before freezing. Seal, label and date.
- In sugar syrup: Fill freezer containers with prepared berries to within 1/2" of top. Combine 4 cups (1 quart) cold water with 4 cups sugar. Stir to dissolve. Pour over berries. Seal, label and date.
- Dry Pack, sweetened: Toss together 3/4 cup sugar with 4 cups prepared berries. Let stand until juice forms and sugar is almost dissolved. Pack in freezer containers, leaving 1/2" headspace. Seal, label and date.



Uses for Strawberries

- On cereal, tarts and pies, in salads or milkshakes.
- As fruit or sauce, if soft, mash and cook briefly in simple syrup.
- Use as ice cream topping or as sauce on day-old cake.

Strawberry Shortcake

*Per serving: 231 calories,
35 g carbohydrate, 8 g fat,*

- 3 cups sliced strawberries
- 2 tablespoons sugar
- 1 2/3 cups all-purpose flour
- 1 tablespoon sugar
- 2 teaspoons baking powder
- 1/4 teaspoon baking soda
- 3 tablespoons margarine
- 1 beaten egg
- 1/2 cup buttermilk or skim milk
- Nonstick spray coating
- Whipped cream or shipped frozen dessert topping

1. Combine strawberries and 2 tablespoons sugar. Cover and let stand in the refrigerator at least 1 hour.
2. In a mixing bowl stir together flour, 1 tablespoon sugar, baking powder and baking soda. Cut in margarine till mixture looks like coarse crumbs. Combine egg and buttermilk. Add to flour mixture all at once, stirring till combined.
3. Spray an 8-inch round baking pan with nonstick spray. With lightly floured hands, pat dough into pan. Bake in a 450 degree oven about 10 minutes. Remove from pan and cool completely, or serve shortcake warm.
4. Split shortcake into 2 layers. Place the bottom layer on a serving plate. Top with some of the berries, then add the second layer of shortcake.

Spoon dessert topping and the remaining strawberries on top of cake.



Yogurt Strawberry Sips

2 servings

- 1 cup unflavored yogurt
- 1 cup strawberries sliced
- 1/4 cup packed brown sugar
- 1/4 teaspoon vanilla

Place all ingredients in blender container. Cover and blend on high speed until smooth, about 30 seconds.





Impossible Rhubarb Pie

8 servings, 285 calories,
47 g carbohydrates, 10 g fat

3 cups cut up rhubarb in greased
pie tin

Mix:

2 eggs
3/4 cup milk
1/2 cup Bisquick
2 tablespoons butter
1 cup sugar
1 teaspoon cinnamon
1/2 teaspoon nutmeg

Put mix on top of rhubarb and
add topping.

Topping:

2 tablespoons butter
1/2 cup Bisquick
1/2 cup brown sugar
Bake 40 minutes at 350 degrees.



Baked Rhubarb

6 servings, 162 calories
41 g carbohydrates

2 pounds rhubarb
1 small seedless orange
1 cup sugar

1. Cut rhubarb in 1/2 inch slices and arrange in a baking dish (1 1/2-2 quart).
2. Cut and discard ends from unpeeled orange and slice orange very thin. Cut slices into quarters and combine with rhubarb and sugar.
3. Cover and bake in 350 degree oven about 45 minutes or until fruit is tender.

4. Remove from oven and cool.
Good with ice cream or whipped cream.

Rhubarb Sauce

5 servings, 175 calories,
44 g carbohydrates

4 cups of 1 inch pieces rhubarb
3/4 to 1 cup sugar
1/2 cup water

1. Heat sugar and water to boiling, stirring occasionally, reduce heat.
2. Add rhubarb. Simmer uncovered until rhubarb is tender and slightly transparent, about 10 minutes.
3. Stir in a few drops red food color if desired.

Rhubarb

1. Field grown— rich, dark red color, very tart flavor.
2. Hothouse— light pink, string less, mild flavor.
3. Select fresh, firm, crisp, tender and good color, bright, glossy appearance. Younger stems are most tender and delicate in flavor. Avoid fibrous, wilted or flabby stems.
4. 1 pound = 3-5 pieces = 3/4 cup cooked
5. You can store fresh rhubarb stalks 2-4 weeks at 32 degrees.
6. Remove and discard leaves which contain oxalic acid, could be fatal, peel off any stringy coverings.



Preserving

Freezing Rhubarb:

- Dry Pack: Pack either raw or preheated rhubarb tightly into containers without sugar. Leave 1/2" headspace. Seal, label and date. Freeze.
- Syrup Pack: Pack either raw or preheated rhubarb tightly into containers; cover with cold 40% syrup. Leave 3/4"-1 1/2" headspace. Seal, label and date. Freeze.
(40% Syrup: 2 3/4 cups sugar plus 4 cups water = 5 1/3 cup syrup)

General Tips and Background

- Rhubarb is easily overcooked. Use a very small amount of water and carefully, slow cook only until pieces are tender and partially broken up. This gives a desirable sauce.
- Rhubarb is a vegetable; it originated in Asia over 2000 years ago and was initially cultivated for medicinal qualities.

Uses for Rhubarb

In tarts and pies, as sauce or pudding. In punch, as jam or jelly. Baked or stewed: use as breakfast food, side dish or dessert.

Nutrition

- Carbohydrate main energy nutrient, mainly sugar
- High water content; about 80-90%
- Low fat, little protein
- Indigestible dietary fiber or bulk
- Vitamin content varies; fruits usually A or C, low in Vitamin B
- Some minerals; dried fruits, strawberries, raspberries and blackberries have iron
- Strawberries are an important detergent fruit, helpful to dental health

Nutrient Content	1 cup raw strawberries	1 cup raw rhubarb	1/2 cup cooked, sweetened rhubarb
Calories	48	29	139
Carbohydrates	10.5 grams	7 grams	37.4 grams
Fiber	0.8 grams	1.0 grams	1.0 grams
Vitamin A	41 IU	147 IU	83 IU
Vitamin C	85 mg.	7 mg	4 mg
Potassium	247 mg	148 mg	115 mg
Calcium	21 mg	266 mg	174 mg
Iron	.57 mg	.39 mg	.25 mg

***Botanically, rhubarb is a vegetable, in use it's considered a fruit.**

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Rhubarb Mold
6 servings, 97 calories,
23 g carbohydrates

- 1 package (20 ounces) frozen unsweetened rhubarb
- 1 package (3 ounces) strawberry-flavored gelatin
- 1-2 drops red food color (optional)
- 1 can (8 ounce) crushed pineapple in juice
- Salad greens
- Crushed Pineapple Dressing (optional) see below

1. Prepare rhubarb sauce as directed on package of frozen rhubarb; remove from heat.
2. Stir in gelatin and food color. Refrigerate until very thick, about 1 1/2 hours.
3. Reserve 2 tablespoons pineapple for Crushed Pineapple Dressing. Stir remaining pineapple (with juice) and nuts into gelatin mixture; pour into 4-cup mold.
4. Unmold on salad greens. Serve with Crushed Pineapple Dressing.



Crushed Pineapple Dressing
60 calories, 40 g carbohydrates,
5 g fat

Mix 1/2 cup frozen whipped topping (thawed), 1/4 cup mayonnaise or salad dressing and 2 tablespoons reserved crushed pineapple.



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Strawberry Rhubarb Sauce
8 servings, 175 calories,
44 g carbohydrates

- 2 cups strawberries
 - 2 cups rhubarb
 - 1 large box strawberry gelatin, regular or sugar free
1. Chop strawberries and rhubarb.
 2. Place in a saucepan on medium heat. Cook until rhubarb is soft.
 3. Add gelatin, stir until dissolved.
 4. Serve warm or cold. If too thick, add a little water.