

Farmers Market Fun Family Recipes



Serving Size: 1 cup

Yield: 6 servings

Ingredients

1 pound rhubarb (chopped into
1-inch pieces)

2 sweet red apples (such as Rome
or Gala, peeled, cored, and sliced)

½ cup orange juice

1 teaspoon ground cinnamon

3 Tablespoons Splenda®

1 cup plain bread crumbs

2 Tablespoons brown sugar

1 Tablespoon olive oil

Instructions

1. Preheat broiler.
2. In a large saucepan, combine rhubarb, apples, orange juice, cinnamon, and 3 Tablespoons Splenda®.
3. Cover and cook over medium heat for 5 to 10 minutes, or until the rhubarb is just tender.
4. Taste the mixture and add more Splenda® if desired.
5. Meanwhile, in a medium bowl, combine bread crumbs, olive oil, and brown sugar (2 Tablespoons). Mix well to combine.

– Over –





Nutrition information:

Calories: 175
Carbohydrate: 33 gm
Fat: 3.6 gm
Fiber: 3 gm
Cholesterol: 0 mg
Sodium: 137 mg
Protein: 4 gm

*For more information,
contact your county
WVU Extension office
or go to www.ext.wvu.edu.*



6. Spread mixture on a foil-lined baking sheet and broil until lightly toasted, about 3 minutes.
7. Spoon half of the bread crumb mixture into the bottom of a shallow serving dish.
8. Cover with the warm fruit mixture and top with remaining crumb mixture.
9. Serve warm.

Food Safety First

Use only the stalks. Immediately cut off the rhubarb leaves and discard them. **Do not eat raw or cooked rhubarb leaves; they can be poisonous because they contain oxalate.**

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*Recipe courtesy of Produce
for Better Health Foundation.*