

Farmers Market Fun Family Recipes



RHUBARB- STRAWBERRY TOPPING

Serving Size: $\frac{1}{3}$ cup

Yield: 5 servings

Ingredients

4 cups rhubarb,
cut in 1-inch chunks

$\frac{1}{2}$ cup sugar

$\frac{1}{3}$ cup water

2 $\frac{1}{2}$ teaspoons cornstarch

1 Tablespoon water

3 cups strawberries, sliced

1 teaspoon vanilla flavoring

Instructions

1. Combine first three ingredients in a medium saucepan and bring to a boil.
2. Reduce heat and simmer uncovered for 5 minutes or until the rhubarb is tender.
3. Combine 1 tablespoon water and cornstarch; stir well and add to rhubarb mixture.
4. Bring to a boil, stirring constantly, and cook 1 minute or until thickened.

– Over –



Nutrition information:

Calories: 130
Carbohydrate: 31.6 gm
Fat: 0.5 gm
Protein: 1.5 gm
Cholesterol: 0 mg
Sodium: 5.3 mg
Fiber: 3.5 gm

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



*(From the University of Maine
Cooperative Extension
[www.umext.maine.edu/
onlinepubs/htmlpubs/4266.htm](http://www.umext.maine.edu/onlinepubs/htmlpubs/4266.htm))*

5. Remove from heat; stir in strawberries and vanilla.
6. Serve warm or chilled over custard, low-fat ice cream, or angel food cake.

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.**

Remember

Always wash your hands before preparing or eating produce. To properly wash your hands, use warm running water, lather with soap for 20 seconds, and dry hands with a clean paper towel or hand towel. Use the towel to turn off the tap. This prevents bacteria that you transferred to the tap handle when turning on the water from recontaminating your hands.

www.ext.wvu.edu
Equal Opportunity Employer