

HEALTHY RHUBARB RECIPES



Oatmeal-
Rhubarb
Porridge

Rhubarb
Waffles with
Rhubarb
Sauce

Turkey
Cutlets with
Rhubarb
Chutney

Duck &
Strawberry
Salad with
Rhubarb
Dressing

Pork Chops
with Quick
Rhubarb
Sauce

Pork
Tenderloin
with Sweet
Onion-
Rhubarb
Sauce

Strawberry-
Rhubarb
Squares

Strawberry
Rhubarb Pie

Healthy Rhubarb Recipes

OATMEAL-RHUBARB PORRIDGE

Heart Health Diabetes

Weight Loss Gluten Free

ACTIVE: 20 MIN **TOTAL:** 20 MIN

Perk up your morning oatmeal with the addition of tangy rhubarb. Using milk for this oatmeal gives it a calcium boost, but the recipe also works well with water—and you'll save about 60 calories.

- 1½ cups nonfat milk or nondairy milk, such as soy milk or almond milk
- ½ cup orange juice
- 1 cup old-fashioned rolled oats
- 1 cup ½-inch pieces rhubarb, fresh or frozen
- ½ teaspoon ground cinnamon
- Pinch of salt
- 2-3 tablespoons brown sugar, pure maple syrup or agave syrup
- 2 tablespoons chopped pecans or other nuts, toasted (see *Tip*) if desired

Combine milk, juice, oats, rhubarb, cinnamon and salt in a medium saucepan. Bring to a boil over medium-high heat. Reduce heat, cover and cook at a very gentle bubble, stirring frequently, until the oats and rhubarb are tender, about 5 minutes. Remove from the heat and let stand, covered, for 5 minutes. Stir in sweetener to taste. Top with nuts.

SERVES 2: 1 GENEROUS CUP EACH

Per serving: 336 calories; 8 g fat (1 g sat, 4 g mono); 4 mg cholesterol; 56 g carbohydrate; 9 g added sugars; 13 g protein; 6 g fiber; 153 mg sodium; 772 mg potassium.

Nutrition bonus: Vitamin C (60% daily value), Magnesium (38% dv), Calcium (30% dv), Potassium (22% dv), Zinc (16% dv)



TIP

To toast chopped nuts, place in a small dry skillet and cook over medium-low heat, stirring constantly, until fragrant and lightly browned, 2 to 4 minutes.

Healthy Rhubarb Recipes

RHUBARB WAFFLES WITH RHUBARB SAUCE

- Heart Health
- Diabetes
- Weight Loss
- Gluten Free

ACTIVE: 30 MIN **TOTAL:** 30 MIN

TO MAKE AHEAD: The sauce (Step 1) can be prepared ahead and stored, covered, in the refrigerator for up to 4 days. Bring to room temperature or heat before serving.

EQUIPMENT: Waffle iron

These light and crispy rhubarb waffles are made with whole-wheat flour and egg whites and topped with a sweet and tangy rhubarb sauce. If there's any sauce left over, drizzle it on a scoop of frozen yogurt.

RHUBARB SAUCE

1¼ pounds rhubarb, trimmed and diced (¼ inch), about 5 cups

1½ cups sugar

WAFFLES

3 large egg whites

1¼ cups nonfat milk

1½ tablespoons canola oil

1½ cups all-purpose flour

¼ cup whole-wheat flour

3 tablespoons sugar

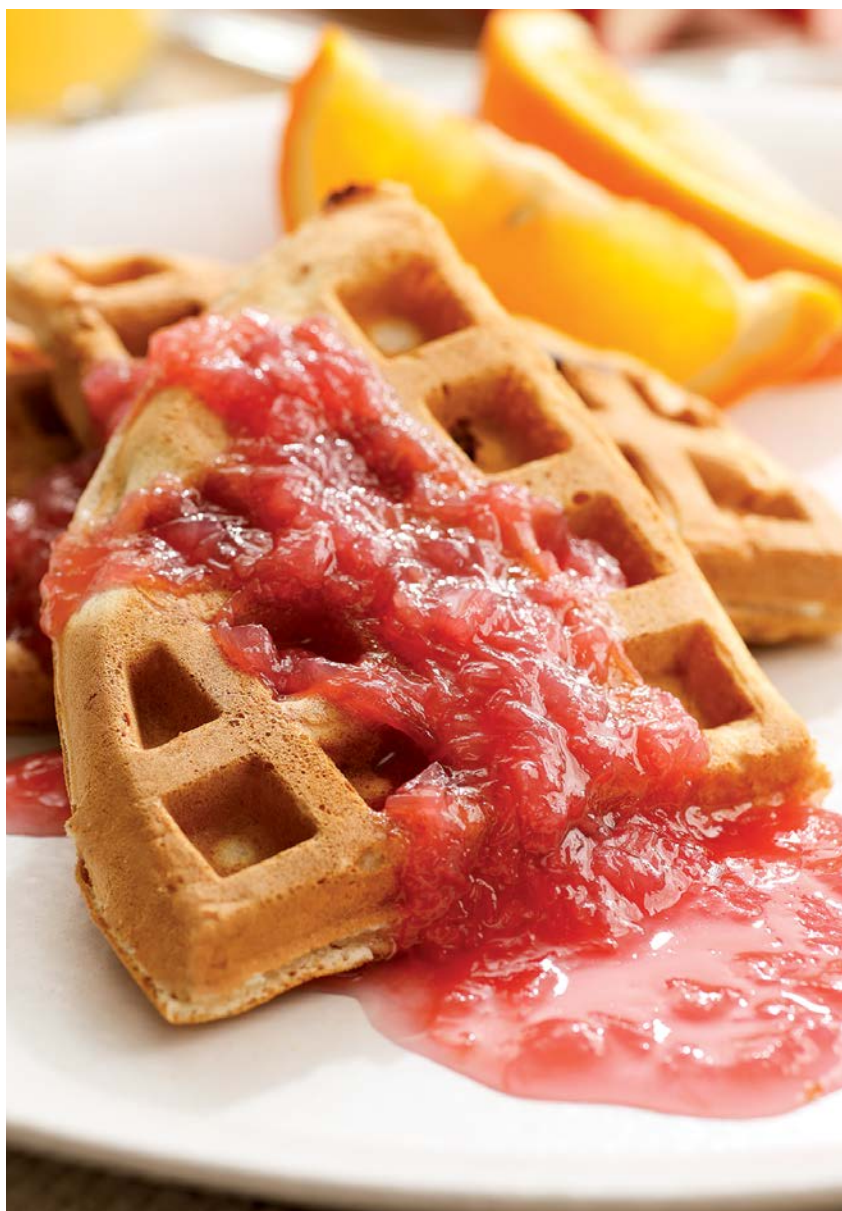
1 tablespoon baking powder

¼ teaspoon salt

1. To prepare sauce: Combine rhubarb and 1½ cups sugar in a medium saucepan and bring to a simmer over medium-low heat. Cook until the rhubarb is tender and translucent. Transfer about 1 cup of the rhubarb to a small bowl with a slotted spoon, and reserve for the waffle batter. Boil the remaining rhubarb in syrup over medium heat, stirring occasionally, until slightly thickened, 5 to 7 minutes.

2. To prepare waffles: Whisk egg whites in a large bowl until frothy. Whisk in milk and oil. Stir in the reserved 1 cup cooked rhubarb. Sift all-purpose flour, whole-wheat flour, 3 tablespoons sugar, baking powder and salt into a medium bowl. Gently stir the dry ingredients into the egg-milk mixture just until moistened.

3. Preheat a waffle iron. (If your waffle iron is not nonstick, brush it lightly with oil.) Fill the iron about two-thirds full. Close and cook the waffles until they are nicely browned, about 4 minutes. Repeat with the remaining



batter, coating the waffle iron lightly with oil, if necessary, before cooking each batch. Serve hot, topped with the rhubarb sauce.

SERVES 6

Per serving: 434 calories; 4 g fat (0 g sat, 2 g mono); 1 mg cholesterol; 93 g carbohydrate; 57 g added sugars; 8 g protein; 3 g fiber; 431 mg sodium; 459 mg potassium.

Nutrition bonus: Folate (26% daily value), Calcium (21% dv).

Healthy Rhubarb Recipes

TURKEY CUTLETS WITH RHUBARB CHUTNEY

- Heart Health
- Diabetes
- Weight Loss
- Gluten Free

ACTIVE: 20 MIN **TOTAL:** 20 MIN

Try rhubarb in this tangy chutney with golden raisins and fresh ginger, served with turkey. You can also pair the sauce with grilled boneless, skinless chicken breasts or lean pork chops. Serve with whole-wheat couscous and steamed asparagus.

- 2 teaspoons plus 1 tablespoon canola oil, divided
- 1/3 cup chopped red onion
- 2 cups sliced fresh or frozen rhubarb (thawed and drained, if frozen)
- 1/3 cup golden raisins
- 1/3 cup light brown sugar
- 1 tablespoon cider vinegar
- 2 teaspoons minced fresh ginger or 1/4 teaspoon ground ginger
- 1/4 teaspoon freshly ground pepper, divided
- 4 turkey cutlets (about 1 pound), 1/4 inch thick
- 1/4 teaspoon salt

1. Heat 2 teaspoons oil in a small saucepan over medium heat. Add onion and cook, stirring, until softened, about 3 minutes. Add rhubarb, raisins, brown sugar, vinegar, ginger and 1/8 teaspoon pepper; bring to a boil over medium-high and cook, stirring occasionally, until the rhubarb is soft and breaking down, 5 to 10 minutes more (it will take less time if using thawed frozen rhubarb). Remove from the heat and cover to keep warm.

2. Sprinkle turkey on both sides with salt and the remaining 1/8 teaspoon pepper. Heat the remaining 1 tablespoon oil in a large nonstick skillet over medium-high heat. Add the turkey and cook until browned on both sides and just cooked through, 2 to 3 minutes per side. Serve the turkey with the chutney.

SERVES 4



Per serving: 294 calories; 7 g fat (1 g sat, 4 g mono); 70 mg cholesterol; 30 g carbohydrate; 16 g added sugars; 29 g protein; 2 g fiber; 206 mg sodium; 624 mg potassium.

Nutrition bonus: Potassium (18% daily value).

Carbohydrate servings: 2

Exchanges: 1/2 fruit, 1 1/2 other carbohydrates, 4 lean meat, 1 fat

Healthy Rhubarb Recipes

DUCK & STRAWBERRY SALAD WITH RHUBARB DRESSING

- Heart Health
- Diabetes
- Weight Loss
- Gluten Free

ACTIVE: 40 MIN **TOTAL:** 40 MIN

TO MAKE AHEAD: Cover and refrigerate the dressing (Steps 1 & 5) for up to 5 days.

Strawberries provide a sweet counterpoint to rich duck breasts. Here, they meet in a quick salad for two, dressed with a rhubarb vinaigrette. Showcase the fruity, tangy dressing and the smoky grilled duck with the smoky, raspberry character of a Washington State Syrah.

- 2 cups thinly sliced fresh or frozen (not thawed) rhubarb
- 1/3 cup water
- 2 boneless duck breasts (about 1 pound total; see *Tip*), skin removed
- 1/2 teaspoon salt, divided
- 1/2 teaspoon freshly ground pepper, divided
- 1 cup sugar snap peas
- 1 tablespoon walnut oil or canola oil
- 2 teaspoons honey
- 1 teaspoon balsamic vinegar
- 4 cups baby romaine lettuce or mixed salad greens
- 1 cup sliced fresh strawberries
- 3 tablespoons chopped toasted pecans (see *Tip*, page 2)

1. Bring rhubarb and water to a simmer in a small saucepan over medium-high heat. Cover, reduce heat to low, and simmer for 5 minutes. Uncover and continue simmering for 7 minutes more. Pour the rhubarb into a fine-mesh strainer set over a large bowl. Set aside to drain, collecting the rhubarb juice in the bowl.

2. Preheat grill to medium or place a grill pan over medium heat.

3. Season duck breasts with 1/4 teaspoon each salt and pepper. Oil the grill rack (see *Tip*, page 6) or coat the grill pan with cooking spray. Grill the duck, turning once, until an instant-read thermometer inserted into the thickest part registers 150°F for medium, 4 to 8 minutes per side, depending on the thickness. Transfer to a clean cutting board and let rest for 5 minutes.

4. Meanwhile, bring 1 inch of water to a boil



in a small saucepan. Add sugar snaps; cook for 1 minute. Drain and rinse under cold water until room temperature.

5. Discard the rhubarb solids in the strainer. Whisk oil, honey, vinegar and the remaining 1/4 teaspoon each salt and pepper into the rhubarb juice. Reserve 2 tablespoons of the dressing.

6. Toss lettuce, strawberries and the sugar snaps with the dressing in the large bowl. Slice the duck; divide the salad between 2 plates and top with the sliced duck. Drizzle the salads with the reserved dressing and garnish with pecans.

SERVES 2

Per serving: 391 calories; 20 g fat (3 g sat, 8 g mono); 87 mg cholesterol; 26 g carbohydrate; 28 g protein; 8 g fiber; 668 mg sodium; 1,025 mg potassium.

Nutrition bonus: Vitamin C (140% daily value), Vitamin A (70% dv), Folate (45% dv), Potassium (33% dv).

Carbohydrate servings: 1

Exchanges: 1 fruit, 2 vegetable, 3 lean meat, 3 fat

TIP

Boneless duck breasts range in weight from about 1/2 to 1 pound, depending on the breed of duck. They can be found in most supermarkets in the poultry or specialty-meat sections or online at mapleleaf-farms.com or dartagnan.com. After the skin is removed, an 8-ounce duck breast is just the right size for one serving.

Healthy Rhubarb Recipes

PORK CHOPS WITH QUICK RHUBARB SAUCE

- Heart Health
- Diabetes
- Weight Loss
- Gluten Free

ACTIVE: 30 MIN **TOTAL:** 30 MIN

This grilled pork chop recipe features a savory rhubarb sauce that can cook in the microwave while you grill the pork chops.

- 1 tablespoon fresh thyme leaves, chopped, or ½ teaspoon dried
- 1 tablespoon extra-virgin olive oil
- ½ teaspoon salt, divided
- ½ teaspoon freshly ground pepper, divided
- 4 bone-in pork chops, ½-¾ inch thick (about 2 pounds), trimmed
- ½ cup 100% pomegranate juice
- ½ cup reduced-sodium beef broth
- 2 tablespoons honey
- 3 medium shallots, thinly sliced
- 1½ cups sliced rhubarb, fresh or frozen (thawed and drained)
- 1 teaspoon butter

1. Preheat grill to medium-high.
2. Combine thyme, oil and ¼ teaspoon each salt and pepper in a small bowl. Smear evenly all over pork chops.
3. Combine juice, broth, honey, shallots and the remaining ¼ teaspoon each salt and pepper in a glass pie pan (or see *Tips*). Microwave, uncovered, on High until reduced by about half, 6 to 9 minutes. Stir in rhubarb and microwave, stirring once, until the rhubarb is beginning to break down, 3 to 6 minutes more. Stir in butter.
4. Meanwhile, oil the grill rack (see *Tips*). Grill the pork chops, turning once, until cooked through, 2 to 3 minutes per side. Serve with the rhubarb sauce.

SERVES 4: 1 PORK CHOP & ¼ CUP SAUCE EACH

Per serving: 303 calories; 13 g fat (4 g sat, 7 g mono); 71 mg cholesterol; 18 g carbohydrate; 9 g added sugars; 28 g protein; 1 g fiber; 412 mg sodium; 561 mg potassium.

Nutrition bonus: Zinc (17% daily value), Potassium (16% dv).



TIPS

- No microwave? To make rhubarb sauce (Step 3), bring juice, broth, honey, shallots, salt and pepper to a simmer in a medium saucepan and cook until reduced by half, 8 to 12 minutes. Stir in rhubarb and return to a simmer; cover, reduce heat to low and cook until the rhubarb is beginning to break down, about 4 minutes. Stir in butter.
- Oiling a grill rack before you grill foods helps ensure that the food won't stick. Oil a folded paper towel, hold it with tongs and rub it over the rack. (Do not use cooking spray on a hot grill.)

Healthy Rhubarb Recipes

ROAST PORK WITH SWEET ONION-RHUBARB SAUCE

- Heart Health
- Diabetes
- Weight Loss
- Gluten Free

ACTIVE: 35 MIN **TOTAL:** 40 MIN

Tart rhubarb is balanced by sweet onions in this sumptuous sauce for grilled pork tenderloin. If you can't find fresh rhubarb for this, use frozen (no need to thaw it first). For dinner in a hurry, try two quick sides like whole-wheat couscous and steamed broccoli.

- 4 teaspoons extra-virgin olive oil, divided
- 1½ teaspoons ground coriander
- 1 teaspoon kosher salt, divided
- ¼ teaspoon freshly ground pepper
- 1-1¼ pounds pork tenderloin, trimmed
- 1 large sweet onion, sliced
- 2-4 tablespoons water
- 2 cups diced rhubarb
- ¼ cup red-wine vinegar
- ¼ cup brown sugar
- ¼ cup minced fresh chives

1. Preheat oven to 450°F.
2. Mix 1 teaspoon oil, coriander, ½ teaspoon salt and pepper in a small bowl. Rub the mixture into pork. Heat 1 teaspoon oil in a large ovenproof skillet over medium-high heat. Add the pork and cook, turning occasionally, until brown on all sides, 5 to 7 minutes. Transfer the pan to the oven and roast the pork until an instant-read thermometer registers 145°F, 15 to 17 minutes. Let rest 5 minutes before slicing.
3. Meanwhile, heat the remaining 2 teaspoons oil in a large nonstick skillet over medium heat. Add onion and the remaining ½ teaspoon salt; cook, stirring occasionally, until browned, 7 to 8 minutes. Add 2 tablespoons water; continue cooking, stirring often, until the onion is soft, 5 to 7 minutes more, adding water a tablespoon at a time if necessary to prevent burning. Stir in rhubarb, vinegar and brown sugar and cook, stirring often, until the rhubarb has broken down, about 5 minutes. Spoon the sauce over the sliced pork and sprinkle with chives.

SERVES 4



Per serving: 261 calories; 8 g fat (2 g sat, 5 g mono); 68 mg cholesterol; 23 g carbohydrate; 23 g protein; 2 g fiber; 348 mg sodium; 715 mg potassium.

Nutrition bonus: Potassium & Vitamin C (20% daily value), Zinc (16% dv).

Carbohydrate servings: 1½

Exchanges: 1 vegetable, 1 other carbohydrate, 3 lean meat

Healthy Rhubarb Recipes

STRAWBERRY-RHUBARB SQUARES

- Heart Health
- Diabetes
- Weight Loss
- Gluten Free

ACTIVE: 25 MIN **TOTAL:** 2¼ HRS (INCLUDING 1½ HOURS CHILLING TIME)

TO MAKE AHEAD: Cover and store at room temperature for up to 1 day.

Inspired by our love of lemon squares, we developed this healthy strawberry-rhubarb squares recipe. We slashed the butter in the shortbread crust for these strawberry-rhubarb bars, but kept the crust light and crisp with heart-healthy canola oil and a little cornstarch. A judicious amount of sugar in the filling lets the natural sweetness of the fruit shine and keeps calories in check.

CRUST

- 1 cup white whole-wheat flour or all-purpose flour
- ⅓ cup confectioners' sugar
- 3 tablespoons cornstarch
- ¼ teaspoon salt
- 3 tablespoons canola oil
- 2 tablespoons butter, softened

FILLING

- 2 cups coarsely chopped strawberries, fresh or frozen (not thawed), plus more for garnish
- 2 cups coarsely chopped rhubarb, fresh or frozen (not thawed)
- ⅓ cup water
- 2 tablespoons lemon juice or lime juice
- ⅓ cup granulated sugar
- 3 tablespoons cornstarch
- ⅛ teaspoon salt
- 2 large eggs
- Confectioners' sugar for garnish

1. Preheat oven to 350°F. Line an 8-inch-square baking pan with foil and generously coat it with cooking spray.

2. To prepare crust: Combine flour, confectioners' sugar, cornstarch and ¼ teaspoon salt in a medium bowl. Add oil and butter; using your fingertips, blend into the flour mixture until evenly combined. The mixture will be a little crumbly. Firmly press the dough into the prepared pan. Bake until just barely beginning to brown around the edges, 15 to 20 minutes.



3. To prepare filling: Meanwhile, combine strawberries, rhubarb and water in a medium saucepan. Cook over high heat, stirring frequently, until the fruit is very soft and mostly broken down, 4 to 6 minutes. Pour through a fine-mesh sieve into a medium bowl, pressing on the solids to extract all the liquid. Pour the strained juice into a glass measuring cup. You need 1 cup strained juice; remove any extra or add a little water if you are short. Stir lemon (or lime) juice into the strained fruit juice.

4. Whisk granulated sugar, cornstarch and ⅛ teaspoon salt in a medium bowl until well combined. Whisk in eggs. Stir in the juice mixture. Pour the filling over the crust.

5. Bake until just set, 15 to 20 minutes. (The center should still be a little jiggly—it will firm up as it cools.)

6. Let cool to room temperature in the pan on a wire rack, about 1½ hours. Gently lift out of the pan all in one piece using the edges of the foil. Cut into 9 squares. Garnish with fresh strawberries and dust with confectioners' sugar, if desired, just before serving.

MAKES: 9 SQUARES, 2½ INCHES EACH

Per serving: 204 calories; 8 g fat (2 g sat, 4 g mono); 48 mg cholesterol; 30 g carbohydrate; 12 g added sugars; 4 g protein; 2 g fiber; 115 mg sodium; 135 mg potassium.

Nutrition bonus: Vitamin C (30% daily value).

Healthy Rhubarb Recipes

STRAWBERRY RHUBARB PIE

- Heart Health
- Diabetes
- Weight Loss
- Gluten Free

ACTIVE: 1 HR **TOTAL:** 4½ HRS (INCLUDING CHILLING AND COOLING)

TO MAKE AHEAD: Refrigerate dough for up to 2 days or freeze for up to 6 months.

EQUIPMENT: 9-inch pie pan

Rhubarb and strawberries go hand in hand, and what better way to honor the combination than in this classic summer pie. The lattice top looks fancy but the technique is super-easy to master.

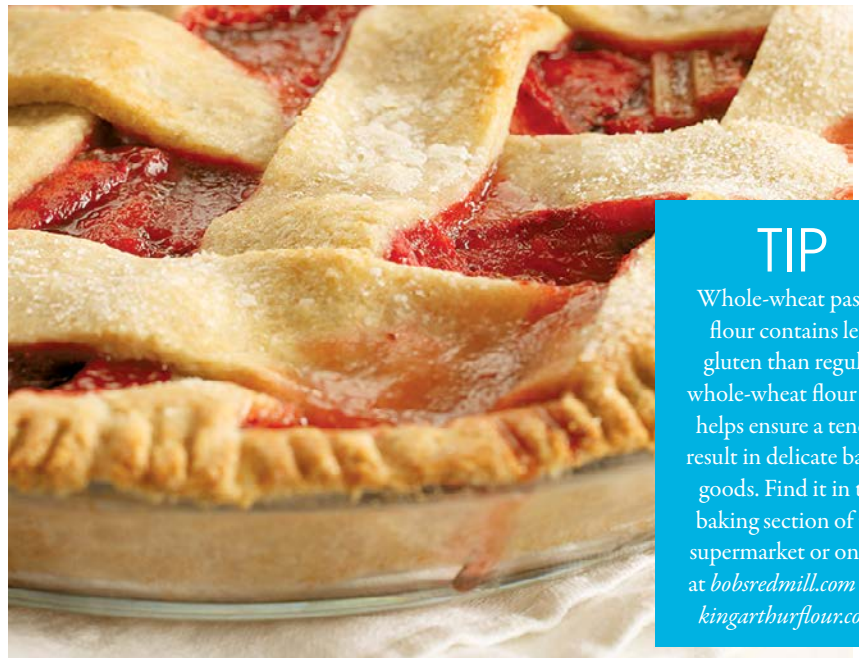
CRUST

- 1¼ cups whole-wheat pastry flour (see Tip)
- 1¼ cups all-purpose flour
- 2 tablespoons sugar, plus 1 teaspoon for sprinkling (optional)
- ½ teaspoon salt
- 4 tablespoons cold unsalted butter
- ¼ cup reduced-fat sour cream
- 3 tablespoons canola oil
- 4 tablespoons ice water
- 1 large egg white, beaten, for brushing

FILLING

- 2½ tablespoons instant tapioca
- 4 cups sliced fresh or frozen (not thawed) strawberries (about 1¼ pounds)
- 1 cup sliced fresh or frozen (not thawed) rhubarb
- ⅔ cup sugar
- 1 tablespoon lemon juice
- Pinch of ground nutmeg
- Pinch of salt

1. To prepare crust: Whisk whole-wheat flour, all-purpose flour, 2 tablespoons sugar and salt in a large bowl. Cut butter into small pieces and, with your fingers, quickly rub them into the dry ingredients until smaller but still visible. Add sour cream and oil; toss with a fork to combine with the dry ingredients. Sprinkle water over the mixture. Toss with a fork until evenly moist. Knead the dough with your hands in the bowl a few times—the mixture will still be a little crumbly. Turn out onto a clean surface and knead a few more times, until the dough just holds together. Divide the dough in half and shape into 5-inch-wide disks. Wrap each in plastic



TIP

Whole-wheat pastry flour contains less gluten than regular whole-wheat flour and helps ensure a tender result in delicate baked goods. Find it in the baking section of the supermarket or online at bobsredmill.com and kingarthurfLOUR.com.

and refrigerate for at least 1 hour.

2. To prepare filling: Just before you're ready to roll out the dough, process tapioca in a spice grinder, mini food processor or blender until finely ground. Combine with strawberries, rhubarb, sugar, lemon juice, nutmeg and salt in a large bowl; toss well to combine.

3. Position a rack in the center of the oven and place a foil-lined baking sheet on the rack below; preheat to 425°F.

4. Remove the dough from the refrigerator; let stand for 5 minutes to warm slightly. Roll one portion between sheets of parchment or wax paper into a 12-inch circle. Peel off the top sheet and invert the dough into a 9-inch pie pan. Peel off the remaining paper. Moisten the outer edge of the dough with water. Scrape the filling and any accumulated juices into the crust.

5. To prepare lattice top: Roll the remaining dough between sheets of parchment or wax paper into a 12-inch circle. Peel off the top sheet. Cut the dough into 1-inch strips using a pastry wheel or a knife. Lift off every other strip and lay them on top of the pie, leaving about a 1-inch gap between strips. Use the shorter strips for the edges and the longer ones for the middle of the pie. (You may not need to use the outermost strips.) Fold back the first, third and fifth strips of

dough to the edge of the pie. Place a shorter strip of dough across the second and fourth strips, about 1 inch from the edge. Unfold the folded strips over the crosswise strip. Fold back the second and fourth strips over the first crosswise strip. Place another strip crosswise, about 1 inch from the first. Unfold the strips over the second crosswise strip. Continue folding back alternating strips and placing crosswise strips until the top is covered with woven strips. Trim any overhanging crust. Crimp the outer edge with a fork. Brush the dough with egg white; sprinkle 1 teaspoon sugar (if using) over just the lattice top, not the outer edge.

6. Bake the pie for 20 minutes. Then rotate the pie 180 degrees and lower the oven temperature to 325°. Continue baking until the crust is golden and the filling is beginning to bubble, 30 to 35 minutes more. Let cool on a wire rack for at least 2 hours before serving.

SERVES 10

Per serving: 294 calories; 10 g fat (4 g sat, 3 g mono); 14 mg cholesterol; 47 g carbohydrate; 4 g protein; 3 g fiber; 82 mg sodium; 169 mg potassium.

Nutrition bonus: Vitamin C (70% daily value), Folate (16% dv).

About EatingWell

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ABOUT EATINGWELL HEALTH TAGS

A recipe checked...

- Heart Health** has limited saturated fat.
- Diabetes** is low in calories and meets limits for Carbohydrate Servings.
- Weight Loss** has reduced calories (and limited saturated fat).
- Gluten Free** does not contain wheat, rye, barley or oats. (Many processed foods, such as broths, soy sauce and other condiments, may contain hidden sources of gluten. If a recipe calls for a packaged [e.g., canned] ingredient, we recommend that you carefully read the label to make sure you pick a brand that does not contain a hidden source of gluten. Also, please note that while a recipe may be marked "Gluten Free," the serving suggestions that accompany it may contain gluten.)

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