



RHUBARB

Description

Rhubarb is in season May-June in Missouri. Rhubarb is rich in vitamin K which helps in blood clotting and bone formation. Rhubarb also contains vitamin C, an antioxidant which aids in the body's healing process and may play an important role in helping to reduce the risk of heart disease and certain cancers.

Selection

Avoid wilted or very thick stalks which can mean that the stalk is woodier than others. Selecting stalks that are firm and crisp with a deep color.

Storing

Unwashed rhubarb should be wrapped with a paper towel and stored in the crisper drawer for best results. Rhubarb stalks can last up to three weeks stored in this manner.

Preparing

Rhubarb leaves are poisonous and must be removed. Rhubarb stalks are rarely eaten raw. Methods such as poaching or stewing are most common when preparing rhubarb.

Recipe of the Month

Rhubarb Muffins

Ingredients:

- 1 cup all-purpose flour
- 1 cup whole wheat or almond flour
- $\frac{3}{4}$ cup granulated sugar
- $2\frac{1}{2}$ tsp baking powder
- $\frac{3}{4}$ tsp cinnamon
- $\frac{1}{2}$ tsp salt
- 1 cup plain Greek yogurt
- 8 Tbsp melted, unsalted butter
- 2 large eggs
- 1 tsp vanilla extract
- $1\frac{1}{2}$ cups rhubarb, cut to $\frac{1}{4}$ inch pieces

Directions

1. Preheat the oven to 400 degrees Fahrenheit. Line a muffin tin with paper liners.
2. In a large bowl, combine the dry ingredients with a whisk. In another bowl, mix the yogurt, butter, eggs, and vanilla until smooth. Add to the flour mixture and stir until just combined. Gently fold in the rhubarb.
3. Divide batter evenly among muffin cups.
4. Bake until golden brown, about 20 minutes.

Nutrition Facts

Serving Size 1 cup raw
rhubarb (122g)

Amount per serving
Calories 26

% Daily Value*

Total Fat 1g	0%
Saturated Fat 0g	0%
Trans Fat 0mg	
Cholesterol 0mg	0%
Sodium 5mg	0%
Total Carbohydrate 5.5g	2%
Dietary Fiber 2g	8%
Total Sugars 1g	
Includes Added Sugars 0g	0%
Protein 1g	
Vitamin D 0mcg	0%
Calcium 105mg	8%
Iron 0.3mg	1%
Potassium 351mg	7%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Funded in part by USDA SNAP.

For more information, call MU Extension's Show Me Nutrition line at 1-888-515-0016.

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