

RHUBARB

One of the first plants harvested in spring, rhubarb is classified as a fruit by the U.S., but is technically a vegetable. In medieval Europe, rhubarb was an expensive delicacy. In traditional chinese medicine it is used as a laxative.

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BEST COOKING METHODS

- BOILED
- STEWED
- RAW

RECIPE IDEAS

- STRAWBERRY-RHUBARB PIE
- JAM
- SWEET OR SAVORY SAUCE

STORAGE

- Store in the refrigerator for 2-3 weeks
- Dice and freeze in a sealed plastic bag for use within 6 months

NUTRITION

- High in B complex vitamins.
- Good sources of vitamins K and A.

TIPS

- Although it is unusual for rhubarb to be sold with it's leaves, remove and compost them. The stalk of the rhubarb is nutritious and fine to eat, but the leaves contain oxalic acid which is poisonous.
- For prep, dice stalk into 1/4 inch peices.
- Try it in a savory soup, see recipe on reverse!



RHUBARB-LENTIL SOUP

serves 6

- **1/2 c** boiling water
- **3/4 c** dried green lentils
- **1 tbsp** oil
- **3** large carrots
- **1** large red onion
- **1/4 c** fresh parsley (or 2 tbsp dried parsley)
- **2 c** chopped rhubarb (4-6 stalks)
- **4 c** low sodium chicken broth (or 4 boillion cubes)

Optional:

- **1 tbsp** fresh dill
- **6 tbsp** creme fraiche (substitute plain yogurt or sour cream)

IN A SMALL BOWL, POUR 1 1/2 CUPS OF BOILING WATER OVER LENTILS; LET STAND FOR 10 MINUTES. OVER MEDIUM-HIGH HEAT, ADD OIL TO A LARGE POT. ADD CARROT, CELERY, ONION, AND PARSLEY. STIR TO COAT WITH OIL AND SAUTE FOR 4 MINUTES. ADD RHUBARB AND STIR FOR ANOTHER 3 MINUTES. DRAIN LENTILS, ADD TO THE POT. ADD CHICKEN BROTH AND BRING TO A BOIL. COVER, REDUCE HEAT TO A SIMMER AND COOK FOR AN ADDITIONAL 35 MINUTES, OR UNTIL LENTILS ARE TENDER. PUREE IN BATCHES IF SMOOTH TEXTURE IS PREFERRED. ADD SALT AND PEPPER TO TASTE. OPTIONAL: MIX DILL AND CREME FRAICHE, ADD A SPOONFUL ON TOP OF SOUP TO SERVE.

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