

Rhubarb



Nutrition Facts:

Rhubarb has a tart-sweet flavor and is excellent in muffins, jam and pie. Rhubarb is high in the following vitamins:

Vitamin K: Your body needs vitamin K to build, repair and maintain strong bones.

Vitamin C: helps the body make strong and healthy blood vessels.

What to Look for: Buy fresh, firm, crispy bright-red color stalks.

Storage: Place stalks in a plastic bag and store inside the refrigerator to maintain freshness.

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Strawberry-Rhubarb Custard

3 cups rhubarb (cut small)

1 cup sliced strawberries

3 eggs

1 cup sugar

3 Tbsp Milk

3 Tbsp Flour

1/4 tsp grated nutmeg

1 Tbsp butter

Directions:

- 1) Place rhubarb and strawberries in a 9" pie plate. Sprinkle fruit with grated nutmeg.
- 2) Mix eggs, sugar, milk and flour in a bowl and pour over rhubarb and strawberries.
- 3) Break the butter into small pieces and place on top of the fruit.
- 4) Bake in the oven at 350 degrees for 45 minutes.

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