Pick it! Try it! Like it!

RHUBARB

Pick it!
Select firm, red stalks; usually those that are deep red are sweeter and richer, green stalks may be sour.

Rhubarb can be stored in a plastic bag in the refrigerator for a few days.
The skin on the stem is peeled off prior to use.
Rhubarb has large green leaves that should not be eaten.

Try it!
If rhubarb is purchased with leaves or roots, it is important to remove them, they are a source of a toxic poison.

Since rhubarb is naturally tart, sugar or sweeteners are used in recipes that include rhubarb.
Rhubarb is most often used in pies and baked goods; it can also lend itself to other food, like cold soups, jams, and meats like beef, pork, and lamb.
Both cooked and raw rhubarb can be stored in the freezer.

Victoria
- Green stalks shaded with red at the bottom
- Popular commercial variety due to sweetness and productivity

MacDonald
- Bright pink to bright red stems
- Common for home growing, pies, freezing, and canning

Canada Red
- Long, thick, red stalks retain color when processed
- Very tender and extra sweet compared to others

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Easy Rhubarb Lentil Salad
by Avera McKennan Executive Chef Drew Laberis

Drew was born and raised in Boston, MA. He went to culinary school at the Culinary Institute of America in Hyde Park, NY. He had the pleasure of working at many of the fine restaurants in Boston. Drew and his wife moved to Sioux Falls and he found his way to Avera McKennan as their Executive Chef. He is passionate about healthy, delicious meals and hopes you enjoy this dish.

**Ingredients (opt.) means optional**
- 3 cups rhubarb stalks, diced (or frozen)
- 1 cup lentils (any color) (canned or fresh)
- 1/2 cup red onion, finely diced
- 1 clove garlic, minced
- 2 cups vegetable or chicken stock
- 2 tbsp olive oil
- 1/2 tsp red chili flakes (opt.)
- 1/2 tsp dried oregano (opt.)
- several fresh cilantro leaves (opt.)
- 1 tsp coriander seeds, ground (opt.)
- 2 tbsp fresh mint leaves, chopped (opt.)

**Directions**
Bring the lentils and stock to a boil in a large saucepan on a high flame. Reduce the flame to a simmer and cover with a lid. Cook for about 25-30 min until the lentils are tender but not mushy. Drain the excess liquid and put the lentils aside. Heat the olive oil in the same saucepan on a medium flame for about 40 seconds. Add the coriander, chili, and oregano to the hot oil and stir for about 20 seconds (opt.). Stir in the onions and garlic and sauté until translucent, for about 10 minutes. Add the drained lentils to the saucepan along with the rhubarb. Cover with a lid and reduce the flame to a low-medium. Cook for another 10 min until the rhubarb pieces are tender. Remove from the stove, allow the lentils to cool and then fold in the fresh mint leaves (opt.). Before serving, garnish with salt and pepper and cilantro leaves (opt.).

*Recipe yields four servings.*

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