

## Rhubarb Upside Down Cake

This homey dessert is a little healthier because it has some oatmeal, plus it contains no unhealthy fats. You could save about 40 calories and 12 grams of carbs. per serving by using Splenda Sugar Blend or Sun Crystals for baking instead of the granulated sugar in this recipe. Sugar cannot be replaced completely because it helps to tenderize and brown cakes, in addition to providing sweetness!

2/3 cup boiling water  
1/2 cup rolled oats, either quick or old fashioned  
2 Tablespoons soft margarine, such as Smart Balance  
1/3 cup granulated sugar  
2 cups diced fresh rhubarb  
1 cup flour  
1 teaspoon baking powder  
1/4 teaspoon baking soda  
1/2 teaspoon ground cinnamon  
1/4 teaspoon salt  
2/3 cup granulated sugar  
1/2 cup brown sugar  
1/4 cup cooking oil  
1 large egg

**Method:** In a small bowl, pour the boiling water over the rolled oats, let stand for 20 minutes. Meanwhile, melt the margarine in an 8" square baking pan. Stir in the 1/3 cup granulated sugar. Sprinkle the diced rhubarb over and set aside while making the cake batter.

In a medium bowl, stir together the flour, baking powder, baking soda, cinnamon and salt. Set aside. In a large bowl, combine the 2/3 cup granulated sugar, the brown sugar, oil and the egg, beat until combined. Add the oat mixture and beat well. Stir in the dry ingredients until mixed. Pour cake batter over the rhubarb mixture. Bake in a 350 degree oven for about 50 minutes or till a toothpick inserted near the center comes out clean. Cool on a wire rack for 5 minutes. Run a knife along the sides of the pan to loosen, and invert cake onto a serving platter. Serve warm. Makes 9 servings. Nutrition information per serving, using all regular sugar: 290 calories, 9 gm fat, 1 gm sat. fat, 20 mg. cholesterol, 180 mg. sodium, 50 gm carbs 1 gm fiber, and 3 gm protein. Recipe from Better Homes and Gardens.

**Note:** If you are using frozen rhubarb, thaw it in a strainer before using.

## Healthier Strawberry Shortcake

What could be better than strawberry shortcake? This version is made healthier by adding some healthy oats in the lower-fat shortcake dough, and it also contains a delicious and nutritious cream filling! Yum!

¾ cup rolled oats  
1¼ cups flour  
1½ teaspoons baking powder  
½ teaspoon baking soda  
¼ teaspoon salt  
7 ½ tablespoons sugar, divided  
2 tablespoons cold butter  
¾ cup buttermilk  
2 large egg whites  
2 lbs of strawberries, washed, hulled and sliced  
¼ teaspoon freshly grated lemon peel  
1 cup plain Greek yogurt, 0% fat  
½ cup reduced fat sour cream  
1 teaspoon vanilla extract

**Method:** Preheat oven to 425 degrees F. Line cookie sheet with parchment paper. In a food processor with knife blade attached, pulse oats until they are coarsely ground. Add flour, baking powder, baking soda, salt and 3 tablespoons of the sugar. Pulse until combined. Add the cold butter, and pulse until mixture resembles cornmeal. Add buttermilk and 1 egg white. Pulse just until ingredients are moistened. Scoop batter, using ¼ cup for each shortcake, onto prepared baking sheet. In a small bowl, lightly beat remaining egg white and brush onto top of shortcakes, and then sprinkle with ½ tablespoon sugar, dividing evenly. Bake about 15 minutes or until golden brown. Cool completely on a wire rack.

While shortcakes are baking, prepare strawberries. In a large bowl, combine strawberries, the lemon peel, and 1 tablespoon of sugar. Let stand to allow the sugar to draw out some of the juices from the berries.

Next, prepare the filling. In a medium bowl, stir together yogurt, sour cream, vanilla and remaining 3 tablespoons of sugar. Refrigerate until ready to assemble shortcakes. Makes 8 servings: Nutrition information per serving: 260 calories, 6 gm fat, 3.5 gm sat. fat, 15 mg. cholesterol, 310 mg. sodium, 43 gm carbs, 4 gm dietary fiber, and 9 gm protein. Recipe from Good Housekeeping.

## Rhubarb Cherry Sauce

This sweet-tart and savory sauce is perfect for pork chops or chicken. It will keep in the refrigerator for up to a week, so it can easily be made ahead. You can serve it cold as a relish, or serve it warm alongside the meat.

½ cup dried cherries  
1 tablespoon balsamic vinegar  
¼ cup hot water to soften cherries  
1 teaspoon olive oil  
½ cup finely chopped onion  
2 cups diced fresh rhubarb  
3 tablespoons sugar  
Pinch of ground nutmeg, about 1/8 teaspoon  
1/8 teaspoon each (a pinch) of both salt and pepper

Method: In a small bowl, combine cherries with vinegar and ¼ cup hot water. Let stand while preparing the other ingredients. In a small saucepan, heat 1 teaspoon olive oil over medium low heat, add onion and cook until softened. To the saucepan, add cherry mixture (do not drain), rhubarb, and 3 tablespoons of sugar. Bring to a boil and simmer until rhubarb is tender, about 5 minutes. Stir in nutmeg and salt and pepper. Makes about 2 cups, or 8 servings ¼ cup each. Nutrition information per serving: (does not include any meat) = 60 calories, ½ gm total fat, 0 sat. fat, 0 cholesterol, 40 mg sodium, 14 gm carbs, 1 gm fiber, and 1 gm protein. Recipe from Martha Stewart Living Omnimedia.

## **Strawberry Spinach Salad with Poppy Seed Dressing**

This delicious and colorful salad is perfect for strawberry season, but is tasty all year round.

Fresh spinach leaves, about 2-3 cups per salad

Fresh strawberries, which have been washed, hulled and sliced, about ½ cup per salad

Toasted chopped pecans, about 1 tablespoon per salad

### Poppy seed Dressing:

1/3 cup red wine vinegar

1 teaspoon salt

½ cup canola oil

1 teaspoon dry mustard

½ cup sugar

1 and ½ teaspoons grated onion

1 and ½ teaspoons poppy seed

Method: Combine all dressing ingredients in a screw-top jar with a lid and shake to combine. Store in refrigerator.

Makes about 1 cup dressing: Per 2 tablespoon serving of just the dressing: 180 calories, 14 gm fat, 1 gm sat. fat, 300 mg. sodium, 13 gm carbs, 0 fiber, 0 protein.

Nutrition Information for an assembled salad using the amounts above, including 2 tablespoons dressing: 280 calories, 20 gm fat, 1.5 gm sat fat, 0 cholesterol, 520 mg. sodium, 24 gm carbs, 6 gm fiber, and 4 gm protein.

Recipe from the Wisconsin State Journal.

## Strawberry Avocado Salsa with Cinnamon Tortilla Chips

2 teaspoons canola oil  
6 whole wheat flour tortillas  
2 teaspoons sugar  
½ teaspoon ground cinnamon  
1 and ½ cups finely chopped peeled ripe avocado (need to buy 2)  
1 cup finely chopped strawberries  
2 tablespoons minced fresh cilantro  
1 teaspoon minced seeded jalapeño pepper  
2 teaspoons fresh lime juice  
3/8 teaspoon salt

Method: Preheat oven to 350 degrees F. To prepare chips, brush oil evenly over one side of each tortilla. Combine sugar and cinnamon; sprinkle evenly over oil-coated sides of tortillas. Cut each tortilla into 12 wedges, arrange wedges in a single layer on 2 baking sheets. Bake in 350 degree oven for 10 minutes or until crisp. Combine avocado and remaining ingredients, stir gently to combine. Serve with chips. Makes 12 serving with each serving including 6 chips and 3 tablespoons avocado mixture. Nutrition information per serving: 138 calories, 6.7 gm fat, 1 gm sat fat, 0 cholesterol, 17 gm carbs, 246 mg. sodium, and about 3 gm protein. Recipe from Cooking Light Magazine.