

Rhubarb Applesauce – [FareStart](#) recipe (FareStart provides nutritious meals to childcare centers around the Seattle area)

Ingredients	50 Servings	100 Servings	25 Servings	Directions
Rhubarb, fresh[§]	6 lb. 4 oz.	12 lb. 8 oz.	3 lb. 2 oz.	1. Peel, core and chop apples. 2. Garnish with mint. ❖ Serving Size: 4 oz (or ½ cup) □ Note: temperature and baking time vary by ovens.
Apple, Red Delicious, fresh[§], whole, small (163 count/case)	6 lb. 4 oz.	12 lb. 8 oz.	3 lb. 2 oz.	
Sugar, granulated, extra fine	2 ⅔cup	5 ⅓cup	1 ⅓cup	

§WA product available when in season

Approximate preparation time: 90 min.

Tips & Variations:

- **How to Select Rhubarb:** Choose flat stalks that are not curled or limp. Deep red stalks are sweeter and richer; tenderness is not related to size. (ref. "Fruits & Veggies More Matter") Later in the season the stems are not as juicy (so you must adjust the amount of liquid or thickening in your recipe).
- **How to Prepare Rhubarb:** Wash and trim the stems. Be sure to remove all of the leaves. The pink and white parts at the base of the stem are good.



Rhubarb Applesauce

Child Nutrition Program Food Components:

- ✓ ¼ cup fruit
- ✓ ¼ cup vegetable

Nutrients Per Serving:

Calories	47 kcal
% Calories from Fat	0 %
Total Fat	0 g
Saturated Fat	0 g
Trans fat	0 g
Cholesterol	0 mg
Sodium	3 mg
Total Carbohydrates	12 g
Dietary Fiber	2 g
Sugar	8 g
Protein	1 g
Vitamin A (15 IU)	3 %
Vitamin C (3 mg)	22 %
Calcium	7 %
Iron	1 %

👉 **Rhubarb** is an early sign of spring and become available around April in Washington State. The stalk is very tart and a good source of vitamin C. However, the leaves are poisonous and should NEVER be eaten! [Check out the Washington Grown Vegetable Seasonality Chart!](#)

👉 **Storage Tip:** Refrigerate rhubarb in a plastic bag; use within a few days. [ref: "Fruits & Veggies More Matter"]

notes

