

Harvest *of the Month*

Strawberry Rhubarb Chutney

Ingredients:

4 Tbsp butter
½ small onion, diced
1/2 tsp cinnamon
1 tsp allspice
1 tsp ground ginger
2 pinches paprika
1 Tbsp. Dijon mustard
5 cups rhubarb, diced
2 cups strawberries, diced
1 Tbsp apple cider vinegar
5 Tbsp honey (to taste)
Approx. 20 Calories per
2 Tablespoons

Instructions:

1. In a small saucepan heat butter over low-medium heat. Add in onion and sauté until tender.
2. To onion, add cinnamon, allspice, paprika and Dijon mustard. Stir and heat until fragrant (1-2 minutes).
3. Add in rhubarb and strawberries and let simmer down, mashing with a potato masher occasionally for 10-12 minutes.
4. Once chutney is soft and fruit is broken down add in apple cider vinegar and let reduce 1-2 minutes.
5. Remove from heat and stir in honey. **Serve warm over grilled meats, on salads or on top of your pancakes.**



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Summer Harvest Salad with Strawberry Rhubarb Vinaigrette

Serves 8 Total Time 20 min

Strawberry rhubarb vinaigrette

1/2 cup chopped rhubarb, fresh or frozen (about one stalk)
3 tablespoons water
1/2 cup chopped strawberries
4 teaspoons honey
2 teaspoons mayonnaise (light is fine)
1 1/2 tablespoons apple cider vinegar
3 tablespoons olive oil and 1-2 tablespoons water (optional)
Salt & Pepper to taste

Salad: 6-8 ounces baby lettuce or spring mix

1 cup sliced strawberries
1 cup sliced peaches
1/4 cup sliced almonds
1 tablespoon poppy seeds (optional)

Approx. 70 Calories per 2 Tablespoons

Instructions:

1. Chop the rhubarb into 1/2-inch pieces. Place the pieces, along with 3 tablespoons water, in a small saucepan and bring to a simmer. Cook for about 5 minutes, or until the rhubarb is tender and starts to fall apart slightly.
2. Place the rhubarb (along with the liquid) into a blender or food processor. Add the strawberries, honey, mayonnaise, and vinegar and blend until smooth. Add the olive oil and salt and blend until smooth. Optional: stir in 1-2 tablespoons of water to achieve the desired consistency.
3. Combine all the ingredients for the salad (reserving the poppy seeds) in a large bowl or in individual bowls. Dress the salad with the vinaigrette and sprinkle the poppy seeds on top. Store extra vinaigrette in a sealed container the refrigerator for up to one week. (Please note that the amounts listed for the vinaigrette will yield far more than you need for 4 servings of salad.)