

## Studio 5

Friday, May 11, 2007

### “Strawberry Rhubarb Cobbler”

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Dairy Farmers of Utah

#### Ingredients:

- 4 cups fresh or frozen rhubarb (cut in 1” pieces)
- 1 pound fresh strawberry halves (about 2 1/2 cups)
- 3-4 drops red food color, optional
- 3/4 cup sugar
- 2 tablespoons flour
- 1 1/4 cups reduced fat biscuit mix
- 2 tablespoons sugar
- 1/2 cup 1% milk
- 3 cups vanilla ice cream

#### Method:

Preheat oven to 350 degrees.

Spray 9x9 pan or deep large pie plate with non-stick spray. Wash, hull and slice strawberries in half; arrange in bottom of pan. Wash, trim and cut rhubarb into 1-inch pieces; if desired, toss with 3-4 drops of red food color; arrange over strawberries.

Stir together 3/4 cup sugar with the flour; sprinkle evenly over rhubarb.

Stir together biscuit mix and 2 tablespoons sugar; add milk and stir just until mixed (dough should be lumpy). Drop by spoonful on top rhubarb. Bake 45 minutes or until biscuits are browned on top and rhubarb is tender. Serve warm with vanilla ice cream.

#### Notes:

A tribute to my Mom – she loved strawberry and rhubarb. Recipe serves 6

If a sweeter cobbler is desired, increase sugar in rhubarb from 3/4 to 1 cup.

For nutrition analysis go to [www.dairycouncilutnv.org](http://www.dairycouncilutnv.org)

<b>Nutrition Facts</b>	
Serving Size 1/6	
Servings Per Container 6	
Amount Per Serving	
<b>Calories</b> 400	<b>Calories from Fat</b> 90
% Daily Value*	
<b>Total Fat</b> 10g	<b>15%</b>
Saturated Fat 5g	<b>25%</b>
<b>Cholesterol</b> 30mg	<b>10%</b>
<b>Sodium</b> 360mg	<b>15%</b>
<b>Total Carbohydrate</b> 74g	<b>25%</b>
Dietary Fiber 4g	<b>14%</b>
Sugars 52g	
<b>Protein</b> 6g	
Vitamin A 8%	Vitamin C 80%
Calcium 20%	Iron 8%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
Calories: 2,000 2,500	
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	