

# Strawberry-Rhubarb Crisp

*Best Loved Desserts - 2013 Cookbook  
Better Homes and Gardens Magazine*

## Servings: 6

*1/3 cup strawberry preserves  
1/8 teaspoon ground cinnamon  
2 cups fresh strawberries, sliced  
2 cups fresh rhubarb, sliced  
3 tablespoons all-purpose flour  
1/2 cup quick-cooking rolled oats  
2 tablespoons cornmeal  
2 tablespoons honey  
1 teaspoon vanilla*

## Preparation Time: 15 minutes

### Bake: 40 minutes

Preheat the oven to 375 degrees.

In a large bowl, stir together the preserves and cinnamon. Add the strawberries and rhubarb. Stir gently to coat. Add the flour; stir gently until combined. Spoon the mixture into a nine-inch pie plate.

Bake, uncovered, for 20 minutes.

Meanwhile, in a bowl, stir together the oats and cornmeal. Stir in the honey and vanilla until combined. Sprinkle over the strawberry mixture.

Bake, uncovered, for about 20 minutes or until the topping is golden brown and the fruit is tender.

Cool about 20 minutes before serving. Serve warm.

---

Per Serving (excluding unknown items): 102 Calories; trace Fat (2.4% calories from fat); 1g Protein; 25g Carbohydrate; 2g Dietary Fiber; 0mg Cholesterol; 7mg Sodium. Exchanges: 1/2 Grain(Starch); 0 Fruit; 0 Fat; 1 Other Carbohydrates.

Desserts

## Per Serving Nutritional Analysis

<b>Calories (kcal):</b>	102	<b>Vitamin B6 (mg):</b>	trace
<b>% Calories from Fat:</b>	2.4%	<b>Vitamin B12 (mcg):</b>	0mcg

<b>% Calories from Carbohydrates:</b>	93.6%
<b>% Calories from Protein:</b>	4.0%
<b>Total Fat (g):</b>	trace
<b>Saturated Fat (g):</b>	trace
<b>Monounsaturated Fat (g):</b>	trace
<b>Polyunsaturated Fat (g):</b>	trace
<b>Cholesterol (mg):</b>	0mg
<b>Carbohydrate (g):</b>	25g
<b>Dietary Fiber (g):</b>	2g
<b>Protein (g):</b>	1g
<b>Sodium (mg):</b>	7mg
<b>Potassium (mg):</b>	107mg
<b>Calcium (mg):</b>	12mg
<b>Iron (mg):</b>	1mg
<b>Zinc (mg):</b>	trace
<b>Vitamin C (mg):</b>	29mg
<b>Vitamin A (i.u.):</b>	27IU
<b>Vitamin A (r.e.):</b>	3RE

<b>Thiamin B1 (mg):</b>	.1mg
<b>Riboflavin B2 (mg):</b>	trace
<b>Folacin (mcg):</b>	22mcg
<b>Niacin (mg):</b>	trace
<b>Caffeine (mg):</b>	0mg
<b>Alcohol (kcal):</b>	2
<b>% Refined:</b>	0.0%

---

### Food Exchanges

<b>Grain (Starch):</b>	1/2
<b>Lean Meat:</b>	0
<b>Vegetable:</b>	0
<b>Fruit:</b>	0
<b>Non-Fat Milk:</b>	0
<b>Fat:</b>	0
<b>Other Carbohydrates:</b>	1

---

## Nutrition Facts

Servings per Recipe: 6

---

### Amount Per Serving

**Calories** 102 Calories from Fat: 2

---

#### % Daily Values\*

<b>Total Fat</b> trace	0%
Saturated Fat trace	0%
<b>Cholesterol</b> 0mg	0%
<b>Sodium</b> 7mg	0%
<b>Total Carbohydrates</b> 25g	8%
Dietary Fiber 2g	7%
<b>Protein</b> 1g	
<hr/>	
<b>Vitamin A</b>	1%
<b>Vitamin C</b>	49%
<b>Calcium</b>	1%
<b>Iron</b>	3%

\* Percent Daily Values are based on a 2000 calorie diet.