

Rhubarb with Lemon and Cinnamon

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Feasting With Friends - Martin Memorial Auxiliary, Inc - 2011

1 cup sugar or sugar substitute
4 cups (3/4 pound) rhubarb, cut in one-inch pieces
1 teaspoon grated lemon peel
1 lemon, cut into small wedges
1 two-inch stick cinnamon
1/2 cup water

In a medium saucepan, combine the sugar and one-half cup of water. Over medium heat, stir until the sugar is and the syrup comes to a boil. Reduce the heat.

Add the remaining ingredients and simmer, covered, for approximately 10 minutes, until tender but not mushy. Remove from the heat.

Let stand, covered, on a wire rack until cool.

Refrigerate.

Per Serving (excluding unknown items): 74 Calories; 1g Fat (6.9% calories from fat); 3g Protein; 21g Carbohydrate; 8g Dietary Fiber; 0mg Cholesterol; 15mg Sodium. Exchanges: 1/2 Grain(Starch); 1 Fruit; 0 Fat.