

## Rhubarb and Oat Crisp

*Oats are high in soluble fiber, low in sodium and low in fat. By toasting them in the oven, they lend a nutty flavor to this healthy French inspired crisp. Top each serving with Vanilla Ice Cream or crème Anglaise sauce, recipe follows.*

18 cups chopped rhubarb  
2 cups sugar  
1 tablespoon freshly grated nutmeg

Stir together in bowl. Oil a full sized hotel pan and fill with the rhubarb.

3 cups rolled oats toasted \*  
1 cup brown sugar  
1 cup chopped walnuts  
1 cup all purpose flour  
1 tablespoon cinnamon  
8 tablespoons butter at room temperature  
½ cup frozen apple juice concentrate

Combine in a bowl and sprinkle over the top of the rhubarb. Bake in 350 degree oven until the bubbly and the rhubarb is soft, about 1 hour.

Makes 25 servings.

\*Rolled oats are old-fashioned oatmeal, not the quick cooking variety. To toast oats, sprinkle them on a cookie sheet and bake in a 350 oven, shaking the pan every few minutes, until fragrant, about 10 minutes.

**Nutritional analysis per serving:** 269 calories, 6 grams protein, 44 grams carbohydrates, 8.5 grams fat (0 grams trans fat), 35 mg. Sodium, 4 grams fiber.

*Cheryl Wixson's Kitchen is a non-profit organization dedicated to teaching people the joys and benefits of healthy eating and cooking utilizing regional products while supporting a sustainable environment. For more information, visit our website at:*

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## Crème Anglaise Sauce

*This sauce is nothing more than custard with a little extra sweetening. It is an excellent source of protein, and versatile for many desserts. Variations: Sweeten with honey or maple syrup. Grated lemon or orange zest is also nice.*

4 cups milk  
10 egg yolks or a combination of yolks and whites  
1 1/3 cup sugar  
2 teaspoons vanilla extract

In a double boiler, scald the milk over hot water. Beat in the sugar and egg yolks. Cook until the custard is thick, stirring constantly. Strain the sauce through a sieve. Stir in the vanilla and more sugar to taste.

Chill until ready to serve.

**Makes 24 servings**

86 calories; 3 g fat; 1 g saturated fat; 90 mg cholesterol; 20 mg sodium; 13 g carbohydrate; 0 g fiber; 13 g sugars; 3 g protein; 3% vitamin A; 0% vitamin C; 6% calcium; 1% iron; 6% vitamin D

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