



## Chicken and Rhubarb

### Ingredients

1½ Tablespoons  
cornstarch

¼ cup sugar

2 cups diced rhubarb  
(½ inch pieces)

1½ cups water

3 pounds chicken breasts  
and thighs *or* 1 whole  
chicken cut-up

1 Tablespoon melted  
butter or olive oil

¼ teaspoon salt

½ teaspoon nutmeg

Makes 6 servings

### Instructions

1. Combine cornstarch, sugar, rhubarb, and water in a saucepan. Cook and stir over medium heat until mixture boils. Cook until clear and thickened, about 2 minutes. Cool.
2. Place chicken in a shallow baking dish. Brush with butter and sprinkle with salt. Bake uncovered in 375° oven for 30 minutes.
3. Spoon rhubarb sauce over chicken. Sprinkle with nutmeg. Return to oven and bake 20 minutes longer.
4. Serve immediately with sauce spooned over chicken.

### Note:

- Serve with hot cooked rice.

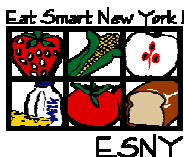
### Nutrition Facts

Serving Size 1 piece	
Servings Per Container 6	
<b>Amount Per Serving</b>	
<b>Calories 300</b>	<b>Calories from Fat 45</b>
<b>% Daily Value*</b>	
<b>Total Fat 5g</b>	<b>8%</b>
Saturated Fat 2g	<b>10%</b>
Trans Fat 0g	
<b>Cholesterol 135mg</b>	<b>45%</b>
<b>Sodium 260mg</b>	<b>11%</b>
<b>Total Carbohydrate 10g</b>	<b>3%</b>
Dietary Fiber 1g	<b>4%</b>
Sugars 6g	
<b>Protein 53g</b>	
Vitamin A 2%	• Vitamin C 10%
Calcium 6%	• Iron 10%
*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	

15% calories from fat

**Source:** Cornell Cooperative Extension of Schoharie County.

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