

RHUBARB-STRAWBERRY PARFAITS

From the American Institute for Cancer Research

http://preventcancer.aicr.org/site/News2?news_iv_ctrl=1121&abbr=pr_hf_&page=NewsArticle&id=9733

Ingredients

- 1 pint strawberries, hulled and thickly sliced
- ½ lb. fresh rhubarb, cut into 1 ½-inch pieces
- ¼ cup water
- ¼ cup orange juice
- ¼ cup sugar
- 1 vanilla bean, split lengthwise
- 1 ½ cups nonfat plain yogurt
- 1 tsp. pure vanilla extract
- 1 tsp. sugar, preferably superfine (optional)

Directions

1. Combine strawberries, rhubarb, water, orange juice, sugar, vanilla bean in a heavy, medium saucepan.
2. Bring to a boil over medium heat, stirring to dissolve the sugar. Reduce heat, cover and simmer until fruit is very soft, about 10 minutes.
3. Put mixture in a bowl and refrigerate until cold, about 4 hours.
4. Mix yogurt and vanilla until well combined. Taste and, if desired, stir in superfine sugar (if desired). Chill until serving time.
5. To serve, layer yogurt mixture and strawberry-rhubarb mixture alternately into wineglasses or parfait glasses, ending with fruit. Parfaits can be prepared a few hours ahead and refrigerated.

Makes 4 servings

Nutritional information per serving (4 servings)

Calories: 131

Total fat: < 1 g

Saturated fat: 0 g

Carbohydrate: 30 g

Sodium: 54 mg

Protein: 5 g

Dietary fiber: 3 g

