

Strawberry Rhubarb Parfait

My family can't wait for rhubarb season. On the first warm day after winter, they start asking if it's time for strawberry rhubarb pie, and I spend the first few weeks of spring eagerly awaiting these bright red stalks in the grocery store. If you're not in the mood to put together an entire pie, this simple parfait recipe gives you all the delicious flavor in just a few quick steps. This season, my family has been delighted to have me testing AH friendly pie crusts for the new Cookbook, *Always Delicious*. However, even easier than making a pie crust, you can top the parfait with a sprinkling of nuts or Phase 3 Granola (*Always Hungry?* page 229).

Rhubarb is a tangy vegetable that acts just like fruit in recipes. Best known for its sour flavor, rhubarb has a fresh, green scent and sharp, juicy bite that pairs perfectly with strawberries or other sweet fruits. This classic pie filling is one of my favorites since it is so seasonal. It combines two items of produce that are at their peak of freshness at the same time, making it truly a seasonal delight.

STRAWBERRY RHUBARB PARFAIT

Makes 8 servings

1 pound strawberries, quartered	3 to 4 tablespoons honey
about 5 stalks rhubarb, diced (about 3 cups)	2 cups plain, whole-milk Greek Yogurt
2 tablespoons water	1/2 cup nuts of your choice (optional)

INSTRUCTIONS

First, place strawberries, rhubarb, water, and honey in a large pot or Dutch oven. The water is just enough to keep it from burning until the natural juices create a luscious filling.

Then, cover and heat over medium heat for about 10 minutes, stirring occasionally. The fruit will release its liquid and then thicken to a pie filling consistency. If you like the rhubarb a little crisp and crunchy, you can stop now. However, if you prefer the rhubarb softer, turn to low and simmer an additional 5 to 10 minutes, or until the rhubarb is soft. The rhubarb will dissolve if you simmer it the extra 10 minutes or more.

Finally, in a parfait cup or glass (wine glasses work beautifully for this), layer 1/4 cup yogurt followed by 1/4 cup of the fruit mixture and repeat for a 4 layer dish. Top with 1 tablespoon nuts or Phase 3 Granola.