

Rhubarb-Mint Lemonade

Goats, Guests, and Glorious Food | May 2007



Simmering rhubarb in sugar water is how this country-style lemonade gains its pretty pink color and rhubarb flavor.

6 CUPS WATER, DIVIDED

1½ CUPS SUGAR

3 STALKS RHUBARB, GREENS REMOVED AND STALKS CHOPPED (ABOUT 2⅓ CUPS)

2 CUPS FRESHLY SQUEEZED LEMON JUICE

FRESH MINT SPRIGS

ICE CUBES

In a medium saucepan, bring 2 cups of the water and 1½ cups sugar to a simmer. Add rhubarb and cook, uncovered, until it starts to soften, about 10 minutes (don't cook the rhubarb too long or it will become pulpy). Strain sugar syrup into a large pitcher and discard rhubarb. Stir in lemon juice and remaining 4 cups water. Cover and refrigerate for at least 4 hours until cold.

To serve, place a couple of mint sprigs in each glass. Lightly crush mint leaves with the back of a spoon. Add ice cubes to glass. Pour lemonade over ice cubes. Makes 8 servings.

Per serving: 169 cal., 0 g fat (0 g sat. fat), 0 mg chol., 6 mg sodium, 45 g carbo., 1 g fiber, 1 g pro.