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Did you Know...

Rhubarb is actually a vegetable not a fruit.

Both rhubarb and asparagus are perennials, meaning they regrow every year on their own.

EAT WELL, AGE WELL. May – Rhubarb and Asparagus

May is [blood pressure awareness month!](#) Rhubarb is a spring vegetable that is high in Vitamin K and Vitamin C, as well as anthocyanins, a plant pigment that help reduce blood pressure. While the *leaves are toxic*, the stalk is known for its sourness that pairs well with a variety of foods. Enjoy as a sauce with meats, in pies and other desserts, or compotes and jams. Tidbit, the redder the stalk, the sweeter the flavor.

- Storage: Stores ~1 week when wrapped in the refrigerator
- Preparation: Remove leaves if present and wash the stalk well. Asparagus is an iconic spring vegetable that is best eaten fresh.

Asparagus is high in many vitamins and minerals, as well as inulin, a prebiotic that aids in digestion. It also has antioxidant and anti-inflammatory properties making it a healthy side to any meal.

- Storage: Asparagus does not store for long, so eat rapidly. For short-term storage, place upright in a tight bundle in a cup of water in the refrigerator.
- Preparation: Trim the end of each spear before eating or cooking. Thin stalks are the most tender. Can be roasted, grilled, steamed, or eaten raw. Try grilling it with some olive oil, herbs, and pepper. Do not overcook!

Grilled Pork Chops with Rhubarb Compote

Ingredients

For the pork chops

- 2 boneless pork chops
- Salt or seasoning of your choice
- Freshly ground black pepper

For the compote:

- 2 teaspoons extra-virgin olive oil
- 1/2 small red onion, diced
- 1 clove garlic, minced
- 4 large stalks rhubarb, cut into 1/4-inch crosswise slices
- Juice of 1 large orange
- 1 teaspoon fresh ginger, grated
- 2 tablespoons plus 1 teaspoon honey
- Salt



Photos courtesy of pexels.com

Instructions

1. Take pork chops out of the fridge and season with salt and pepper.
2. For the compote: In a medium saucepan, heat 2 teaspoons olive oil over medium-high. Sauté onions until translucent. Add garlic and sauté another minute.
3. Turn the heat to low, and stir in rhubarb, orange juice, and ginger. Cook, stirring occasionally until the rhubarb is tender without completely losing its shape.
4. Stir in honey and a pinch of salt. Remove from heat.
5. Heat grill at medium-high heat or set a heavy skillet over medium-high. Brush the grill/skillet with oil. Cook chops for 3-4 minutes per side.
6. Remove from heat and rest for at least 5 minutes.
7. Serve with rhubarb compote on the side.

Notes

- Try with a side of grilled asparagus!
- Recipe modified from <https://www.momskitchenhandbook.com/gingery-rhubarb-compote-with-grilled-pork-chops/>

Check out more recipes at: <https://foodhero.org/rhubarb> and <https://foodhero.org/asparagus>