

## Libby's Healthy Happy Hour

### Menu

Butternut Tacos with Tangy Jicama Rhubarb Slaw  
Rhubarb Beer Cocktail

### Recipes

#### **Butternut Tacos with Tangy Jicama Rhubarb Slaw**

Makes 4 tacos

Prep time: 25 minutes (excluding time for making the Tangy Jicama Rhubarb Slaw)

Cook time: 30 minutes

Total time: 40 minutes

#### **What you will need:**

Ingredients	Equipment and Tools
3-inches of the butternut squash neck, peeled and sliced into medium-thick sticks	Cutting board
½ teaspoon canola oil	Chef knife
½ teaspoon chili powder (to taste)	Potato peeler
4 6" corn tortillas	Medium mixing bowl
½ cup <b>Tangy Jicama Rhubarb Slaw</b>	½ teaspoon
1 ½ tablespoons light sour cream	Baking tray
1 teaspoon lime juice	Parchment paper
¼ avocado, cut into 4 slices	Hot pad or hand mitt
	tongs
	Paring knife
	Small mixing bowl
	spoon
	Spatula

#### **Preparation steps:**

1. Preheat oven to 400 degrees Fahrenheit.

2. Prepare a baking tray with parchment paper.
3. Using a peeler or chef's knife remove the skin from the butternut squash. Remove a portion of the squash neck, and slice into medium-thick sticks. Place in a mixing bowl.
4. Add the oil to the sliced squash and mix to coat well. Sprinkle the chili powder over the sliced and oiled squash and again, mix to coat well.
5. Transfer the spiced squash to the prepared baking tray arranging the sticks in a single layer. Bake for 25-30 minutes or until the squash is tender. Turn the sticks after 12 minutes.
6. In a small bowl, stir together the sour cream and lime juice. Transfer to a small sealable plastic bag. Close the seal. Keep refrigerated until ready to use. Just before assembly, use a pair of scissors to snip the corner of the bag for piping.

### Assembly:

To each tortilla shell, add 2-3 sticks of butternut squash, 2 tablespoons Tangy Jicama Rhubarb Slaw and one slice of avocado. Drizzle each taco with the sour cream mixture. Garnish with extra cilantro and lime.

### Nutrition

Per taco: 137 calories; 2.4g protein; 20.7g carbohydrates; 4.4g fiber; 1.3g added sugar; 6.36g total fat; 1.0g saturated fat; 3.0g monounsaturated fat; 00.7g polyunsaturated fat; 2.03mg cholesterol; 123mg sodium; 107 RAE mcg vitamin A (15% DV)

## Tangy Jicama Rhubarb Slaw

Makes approximately 1 ½ cups

Prep time: 25 minutes

Cook time: 5 minutes

Total time: 30 minutes

### What you will need:

Ingredients	Equipment and Tools
1/3 cup rhubarb, thinly sliced	Chef knife
1/3 cup jicama, peeled and julienned	Cutting board
2 tablespoons red onion, diced	Medium-sized saucepan
¼ cup poblano pepper, seeded and thinly sliced	Hot pad or hand mitt
¼ cup red bell pepper, seeded and thinly sliced	Colander
¼ cup yellow bell pepper, seeded and thinly sliced	Large mixing bowl
	Small mixing bowl
	Spoon
	Reamer or tongs

<p>1 Roma tomato, diced flesh only                  ½ teaspoon jalapeno pepper, seeded and finely diced                  1 tablespoon fresh cilantro, chopped                  2 teaspoons lime juice                  1/2 teaspoon honey                  1/4 teaspoon Kosher salt                  ground black pepper to taste</p>	<p>Spatula</p>
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**Preparation steps:**

1. Fill a medium-sized saucepan two-thirds of the way full of water. Bring to a boil. Add the sliced rhubarb to the boiling water and cook for 10 seconds. Remove the rhubarb by draining through a colander. Immediately rinse with running cold water. Transfer rhubarb to a large mixing bowl.
2. Cut the red onion, poblano, red, and yellow bell peppers, roma tomato flesh (seeds removed), jalapeno pepper, and cilantro. Add each cut ingredient to the large mixing bowl with the rhubarb.
3. In a small mixing bowl, dissolve the honey in the lime juice. Add the honey-lime juice mixture to the ingredients in the large mixing bowl. Sprinkle salsa with salt and black pepper and stir salsa and mix thoroughly.
4. Refrigerate overnight or at least 30 minutes to allow the flavors to meld.

**Nutrition**

Per ½ cup serving: 60 calories; 1.3g protein; 14.4g carbohydrates; 2.4g fiber; 5.32g added sugar; 0.2g total fat; 0.05g saturated fat; 0.16g monounsaturated fat; 0g polyunsaturated fat; 0mg cholesterol; 165mg sodium; 94mg vitamin C (106% DV)

**Rhubarb Beer Cocktail**

(Recipes by Kelly Carambula, <https://www.serious-eats.com/recipes/2012/03/drinking-in-season-rhubarb-beer-cocktail-recipe.html>)

Cook time: 30 minutes to make rhubarb syrup  
 Prep time: 1 minute with premade rhubarb syrup  
 Serves 1

**What you will need:**

Ingredients	Equipment and Tools
2 cups sliced rhubarb	Chef knife

1 cup water 1 cup sugar 1-ounce rhubarb syrup 1 (12-ounce) bottle of Hefeweizen or other wheat beer	Cutting board Medium-sized saucepan Hot pad or hand mitt Tablespoon Beer glass
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**Preparation steps:**

**To make the rhubarb syrup:** Combine rhubarb, water, and sugar in a small saucepan. Heat over high heat until boiling, stirring to dissolve sugar. Reduce to a simmer and continue to cook until rhubarb breaks down, about 20 minutes. Remove from heat and let cool. Strain through a fine mesh strainer. Rhubarb syrup will keep for one week in a sealed container in the refrigerator.

**To make the cocktail:** Pour the rhubarb syrup in the bottom of a pint glass. Gently pour the beer over syrup, tilting the glass slightly as you pour to prevent too much foam.

**Nutrition**

Per serving: 245 calories; 1.4g protein; 35.4g carbohydrates; 1.4g fiber; 23.66g added sugar; 0g total fat; 0g saturated fat; 0g monounsaturated fat; 0g polyunsaturated fat; 0mg cholesterol; 13mg sodium