

# Rutabaga



Rutabaga contains Vitamin A, which is good for healthy eyes and skin. To prepare, rinse well and peel. Rutabaga can be eaten raw or cooked. Store in the refrigerator in a plastic bag for up to 1 month.

## Roasted Rutabaga Fries

### Ingredients:

- 2 medium rutabagas
- 2 tablespoons chopped rosemary (optional)
- 1 ½ tablespoons vegetable oil
- ¼ teaspoon salt
- ½ teaspoon ground pepper

### Directions:

1. Preheat oven to 400°F
2. Peel and cut rutabagas into ¼-inch slices; stack and cut into ¼-inch sticks.
3. Toss with rosemary (if using), oil, salt and pepper.
4. Roast for 15-20 minutes, shaking pan often) until golden brown and tender.

**Note:** cooking time may vary depending on oven temperature.

*Recipe adapted from Cooking Lite*

## Mashed Rutabagas

### Ingredients:

- 2 pounds peeled rutabaga, cut into large chunks
- 2 tablespoons vegetable oil
- Pinch ground nutmeg
- Salt and ground pepper to taste

### Directions:

1. Add peeled rutabaga chunks to a pot of cold, salted water. Cover and bring to boil. Turn down heat and simmer until very tender (about 30 minutes)
2. Drain rutabaga, return to pot and cook for 2-3 minutes to dry.
3. Mash with a potato masher or fork (they will be slightly fibrous).
4. Add oil, nutmeg, salt and pepper. Mix well. Adjust seasonings.

**Note:** Instead of nutmeg, add ¼ cup low-fat sour cream or Greek Yogurt and 1 tablespoon chopped dill.

*Recipe Adapted from Food Network*

## Quick Tips for Rutabaga:

- Rutabagas are also known as swedes, yellow turnips or wax turnips.
- Add rutabaga to soups, stews, or mash with potatoes.
- 1 small rutabaga (about 1 ½ pounds) equals 3 cups raw cubed rutabaga.

