

Rutabaga

Selection - Choose firm rutabagas that are free of spots and cracks. Note that rutabagas are like potatoes and often can be used to replace potatoes.

Storage - Store in the refrigerator (stays fresh for up to 3 weeks).

Nutrition - Potassium, a mineral your body needs, in rutabagas supports heart health.

3 EASY WAYS TO USE RUTABAGA

- To make rutabaga fries, wash, peel and cut into long spears and toss in olive oil, garlic and cayenne powder. Place on baking sheet and bake at 425 degrees for 30 minutes.
- To roast rutabaga, dice into small cubes and toss in olive oil. Place on sheet and cook in the oven at 425 degrees for about 35-45 minutes.
- To make a salad, thinly slice or grate rutabaga and carrots. Toss in vinegar and olive oil and serve cold.



Mashed Rutabagas

Makes 4 Servings

Ingredients

- ☐ 4 cups rutabaga, peeled and chopped
- ☐ 2 cups potatoes, peeled and chopped
- ☐ 4 cups water
- ☐ 1/2 cup low-fat milk
- ☐ 2 teaspoons oil
- ☐ 1/2 teaspoon garlic powder
- ☐ 1/4 teaspoon black pepper
- ☐ 1/8 teaspoon salt

Directions

1. Add chopped vegetables and water to a large pot with a lid. Bring to a boil over medium-high heat.
2. When the water boils, reduce heat to medium-low and cover with lid. Simmer for 20-25 minutes.
3. Drain boiled vegetables.
4. Add drained vegetables back to the pot.
5. Add milk, oil, garlic powder, pepper and salt to a microwave-safe container. Stir to mix. Microwave for 1 minute.
6. Add warm milk to the boiled vegetables. Mash with a fork or potato masher.



Recipe from:

