What’s Fresh:

Rutabaga

Also known as Swedes or Yellow Turnips

They’re naturally good!
- High in vitamin C
- Provides dietary fiber, potassium & zinc
- 1 cup = 1 serving of veggies

Storage Tips:
- Store in a plastic bag in the refrigerator.
- Use within 1 month.

Preparation Tips:
- Scrub the rutabaga under running water. Pat dry.
- Rutabaga skins are usually covered in wax. To remove wax, wrap rutabaga in a paper towel, place on a microwave-safe plate and microwave for 1 minute on high.
- Use a peeler or paring knife to remove the skins and reveal the light-colored flesh.
- Chop off each end of the rutabaga and cut in half. Place the rutabaga cut-side down on your cutting board. Cut into planks. Cut planks into slices, then slices into cubes.
- Rutabaga is cooked when you can just pierce it with a fork.

Ways to eat rutabaga:
- **Eat it raw.** Cut rutabaga into sticks and serve with hummus or low-fat ranch.
- **Add it to soups & stews.** Use chopped rutabaga in place of potatoes!

**Add to mashed potatoes.** Bring a pot of salted water to a boil. Add 1 chopped rutabaga and simmer for 15 minutes. Add 2 chopped potatoes and simmer for 20 more minutes, or until soft enough to mash. Drain & place in a bowl. Add 3 tablespoons of butter or oil; salt & pepper to taste. Mash with a fork or potato masher. Add a dash of milk for a smoother mash.

- **Roast it.** Preheat the oven to 425°F. Rinse, peel & chop rutabaga into evenly sized 1/2-inch cubes. In a bowl, toss chopped rutabaga with enough oil to coat, salt & pepper. Spread onto a baking sheet in a single layer. Roast, turning halfway through, until rutabaga is tender and slightly browned, about 30-40 minutes. For extra flavor, add minced garlic or garlic powder.

- **Microwave it.** Rinse, peel & chop rutabaga. Place in a microwave-safe dish with a 1/2 inch of water. Microwave on high for 6-9 minutes, or until easily pierced with a fork. Season with salt, pepper and your favorite herbs or spices.
- **Boil it.** Bring a pot of salted water to a boil. Add peeled & chopped rutabaga, cover and reduce heat. Simmer for 30-40 minutes or until tender. Season to taste with salt and pepper.

See more recipes on the back
Roasted Rutabaga Salad

**Ingredients:**
- 1 large rutabaga, rinsed, peeled & chopped
- 3 tablespoons oil
- 3 tablespoons oil (for roasting)
- 1/2 teaspoon salt (for roasting)
- 1 bunch (about 4 cups) leafy greens (such as kale, or collard greens, spinach or arugula)
- 2 Tablespoons finely chopped onion
- 3 Tablespoons oil
- 1 Tablespoon vinegar (such as red wine or cider)
- 1 Tablespoon vinegar (for roasting)
- 1/2 teaspoon salt (for roasting)
- 1 garlic clove, minced (or 1/2 tsp garlic powder)
- 1 teaspoon mustard, such as dijon (optional)
- 1 teaspoon honey or sugar (optional)
- 1/4 teaspoon each of salt & pepper

**Optional ingredients:**
- 1/4 cup dried fruit (such as cranberries or raisins)
- 1/4 cup nuts or seeds (such as walnuts or pecans)

**Directions:**
1. Roast rutabaga following instructions on the front of this sheet under “ways to eat rutabaga.”
2. If using kale or collards: stack leaves together, roll into a thick log, and slice thinly. Massage the greens by grabbing them by the handful and squeezing; repeat for 1-2 minutes until greens have tenderized. If using spinach or arugula, chop into bite-size pieces. Place greens in a large bowl. Mix in finely chopped onion.
3. To prepare dressing, whisk together oil, vinegar, garlic, mustard, honey/sugar, salt and pepper.
4. When roasted rutabaga is cooled, combine it with the greens. Drizzle with dressing and toss to combine. Sprinkle with dried fruit, nuts and cheese, if using.

Rutabaga & Carrot Mash*

**Ingredients:**
- 6 cups chopped rutabaga
- 2 cups carrots (fresh or canned)
- 3 Tablespoons butter or oil
- 1/2 teaspoon each salt & pepper

**Directions:**
1. Peel and dice rutabaga into 1/2-inch pieces. Bring a large pot of salted water to a boil. Add rutabaga and fresh carrots; simmer until vegetables are tender, about 30-40 minutes. If using canned carrots, add 5 minutes before the end of cooking.
2. Drain and place vegetables in a bowl. Add butter or oil, salt and pepper. Mash with a fork or potato masher.

Not-Potato Salad*

**Ingredients:**
- 3 cups chopped rutabaga
- 1/3 cup low-fat mayo or yogurt (or a mix)
- 1 teaspoon mustard
- Salt & pepper to taste
- 1/4 cup finely chopped onion
- 1/2 cup chopped celery
- 2 hard boiled eggs, chopped

**Directions:**
1. Peel and dice rutabaga into 1/2-inch pieces. Bring a large pot of salted water to a boil. Add rutabaga and simmer until tender, about 30-40 minutes. Drain and allow to cool.
2. In a large bowl, mix mayo/yogurt, mustard, onion, celery, salt & pepper. Add cooled rutabaga and eggs if using.