

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



# Make it a meal!

# RECIPES

## Roasted Rutabaga Salad

### Ingredients:

- |   |   |
|---|---|
| 1 large rutabaga, rinsed, peeled & chopped  | 3 Tablespoons oil                                 |
| 3 tablespoons oil (for roasting)  | 1 Tablespoon vinegar (such as red wine or cider)  |
| 1/2 teaspoon salt (for roasting)  | 1 garlic clove, minced (or 1/2 tsp garlic powder) |
| 1 bunch (about 4 cups) leafy greens (such as kale, or collard greens, spinach or arugula) | 1 teaspoon mustard, such as dijon (optional)      |
| 2 Tablespoons finely chopped onion  | 1 teaspoon honey or sugar (optional)              |
| <i>Optional ingredients:</i>  | 1/4 teaspoon each of salt & pepper                |
| 1/4 cup dried fruit (such as cranberries or raisins)                                      | 1/4 cup nuts or seeds (such as walnuts or pecans) |
| 1/4 cup crumbled or shredded cheese   |   |

### 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          | 3 Tablespoons butter or oil     |
| 2 cups carrots (fresh or canned) | 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                   | 1/4 cup finely chopped onion |
| 1/3 cup low-fat mayo or yogurt (or a mix) | 1/2 cup chopped celery       |
| 1 teaspoon mustard                        | 2 hard boiled eggs, chopped  |
| Salt & pepper to taste                    |                              |

### 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.

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\*Recipe from Just Say Yes to Fruits and Vegetables