

Rutabaga



A cross between a turnip and a cabbage, it has a peppery, slightly bitter taste when raw that becomes sweeter when cooked.

Storage:

- Store in a cool, dry, dark place or in the refrigerator
- Whole rutabaga will last several weeks to a couple months if stored properly

How to prepare:

- Rinse, slice off top and lay the flat surface on the cutting board
- To make it easier to peel, cut into 4 sections, then peel using a small knife or peeler

Boil and mash: chop, boil gently until soft, drain and mash like you would potatoes. Keep $\frac{1}{2}$ cup (125 mL) of the cooking water when you drain to add back when you mash. Season with salt and pepper or add a bit of something sweet like honey or sugar.

Add to soup or stew: chop and add to a soup or stew like you would carrots or squash.

Roast: chop, toss with oil plus a pinch of salt and roast. See recipe on reverse.

Eat raw: chop or grate and add raw to a salad. Smaller rutabagas are better for eating raw.



Nutrition: Excellent source of fibre, vitamin C and a good source of potassium, vitamin B6, magnesium and folate

Rutabaga



Roasted Rutabaga:

- 1 rutabaga
- 1 to 2 tsp (5 to 10 mL) oil
- pinch salt
- optional: add 1 tsp (5 mL) herbs (such as garlic, rosemary, or thyme)

1. Peel rutabaga and slice or chop into spears or cubes.
2. Toss rutabaga with the oil, salt, and herbs if using.
3. Spread out on a baking sheet, leaving some space between the pieces so they will get crispy.
4. Bake at 350° F (180° C) for 30 to 45 minutes or until crispy on the outside and tender on the inside.

