

Rutabaga

Key Points

- For the best buy, choose rutabagas that are smooth with an even yellow color and are heavy for their size. Avoid rutabaga that are soft, shriveled or cracked.
- To prepare rutabaga, rinse well and peel. Rutabaga can be eaten raw or cooked.
- To keep fresh, store in the refrigerator in a plastic bag for up to 1 month.
- Rutabaga contains vitamin A, which is good for healthy eyes and skin.



Rutabaga Salad

Ingredients:

6 cups cubed rutabaga
1/3 cup low fat mayonnaise
1 teaspoon mustard
1/4 cup chopped onion
1/2 cup chopped celery
2 hard boiled eggs, chopped
Salt and pepper to taste

Directions:

1. Place the rutabaga in a large pot and cover with water. Cook over high heat for 30 minutes or until tender.
2. Drain the rutabaga and set aside to cool.
3. In a large bowl, combine the mayonnaise, mustard, onion and celery.
4. Add the cooled rutabaga and the hard boiled eggs to the bowl. Toss gently to combine. Add salt and pepper to taste.
5. Cover and refrigerate for at least 15 minutes. Enjoy!
6. Refrigerate leftovers.

Makes 4 servings.

Rutabaga and Carrot Mash

Ingredients:

6 cups cubed rutabaga
5 carrots, sliced
3 tablespoons soft tub margarine
1/2 teaspoon salt
Black pepper to taste

Directions:

1. Place the rutabagas and carrots in a large pot filled with water.
2. Cook over high heat until the vegetables are soft, about 40 minutes. Turn off the heat and drain.
3. In the pot, mash the vegetables until smooth with only a few small lumps.
4. Add the margarine and beat with a spoon until smooth.
5. Add salt and pepper to taste. Enjoy!
6. Refrigerate leftovers.

Makes 8 servings.

Quick Tips

- Rutabagas are also known as swedes, yellow turnips or wax turnips.
- Add rutabaga to soups and stews or mash with potatoes.
- 1 small rutabaga, (about 1 1/2 pounds) equals 3 cups raw cubed rutabaga.
- Remember to rinse all fruits and vegetables before using.

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