

# Tips and How To Cook: Rutabaga



## Buying

Look for a **purple-tinged skin**, **firm** to the touch and if scratched the **flesh** should be **yellow**. Avoid any shriveled, with soft spots or bruised.



## Storing

Rutabagas **last about a week when left out** at room temperature while **several weeks if refrigerated**.



## Prepping

Make sure to **wash and peel off the skin** before eating because most rutabagas are sold with a wax coating to stop them from drying out.

## Rutabaga Information



They can be **used for** savory dishes like a roast or even a **sweet pumpkin pie**.

Rutabagas are **high in Vitamin A, C and Iron**, while **low in fat and cholesterol**

They are also a rich source of calcium, magnesium, potassium, Vitamin E and folate

Due to their **high levels of insoluble fiber**, they are **great for gut health** and keeping one "regular"

## Did you know...?

- Due to being high in Vitamin C, rutabagas are great for keeping **your immune system strong**
- There are **4 types of rutabagas** – Joan, Helenor, Long Island, and Sweet Russian
- Turnips and rutabagas are **often confused**. Know it's a rutabaga by the beautiful **golden color**

## Helpful Tips

- You do not have to cook rutabaga, it **can be eaten raw**
- If a **recipe calls for a turnip** you can **substitute a rutabaga** instead! It may take a little longer to cook
- Rutabaga **leaves are edible**, try saving them next time for pickeling, add on a salad or bulk up your favorite stew

## Roasted Rutabaga and Carrots

### Ingredients (Serves 4)

- 4 medium carrots, cut into 3-inch strips
- 2 rutabagas, peeled and cut into 3-inch strips
- 1 ½ tablespoons extra-virgin olive oil
- Juice and zest of 1 lemon
- ¼ teaspoon dried herbs (oregano, basil, and/or thyme)
- Salt and pepper to taste

### Directions

1. Preheat the oven to 400 F
2. In a small bowl, combine rutabagas and carrots. Toss with olive oil, lemon juice and zest, dried herbs, salt and pepper. Spread out into a single layer on a baking sheet.
3. Bake for 15-20 minutes or until vegetables are golden and tender. Serve hot as a dinner side dish or chilled as a light lunch. Enjoy!

## Mashed Rutabagas

### Ingredients (Serves 4 to 6 servings)

- 2 to 3 pounds rutabagas
- 2 teaspoons salt
- 1/3 cup butter
- ½ teaspoon freshly ground black pepper

**Pro tip: Add roasted garlic during step 4 for additional flavor!**

### Directions

1. Peel rutabaga; cut into chunks and put the chunks in a large saucepan. Cover with water and add 1 teaspoon of the salt
2. Bring to a boil; reduce heat, cover, and simmer for about 25 to 30 minutes or until tender.
3. Drain and let them dry in a colander or in the pan with the top ajar.
4. Mash the rutabagas with butter, 1 teaspoon salt, and black pepper