

RUTABAGA: WHAT IS IT & HOW DO I USE IT IN RECIPES?

- A rutabaga is a brownish-white root vegetable that looks similarly to a turnip. Some may say it even looks like a cross between a turnip and a cabbage.
- Rutabagas are high in antioxidants and the following nutrients: Vitamin C, Vitamin E, Potassium, Magnesium, Calcium, and Fiber. They also contain moderate amounts of Folate, Selenium, and Phosphorus.
- You can eat a rutabaga raw or cook it like you might a potato. You should peel and discard the skin as it might have a waxy coating, but you can keep the leaves and add them to soups and salads.
- Simply season cooked rutabaga with salt and pepper.

HOW DO I USE A RUTABAGA IN COOKING?

- Boil and mash like a potato
- Cut into fry-shapes and lightly fry or sauté
- Cube and roast in the oven at 425° for about 40 minutes
- Add raw, cubed rutabaga to soups like you would a potato
- Grate raw rutabaga into a salad
- Use in any recipe as a substitute for carrots, turnips, or potatoes

MASHED RUTABAGA

This underappreciated root vegetable can be roasted, sautéed, boiled, and mashed. It is also packed with fiber, vitamins E and C, and a good source of potassium and phosphorus. Try it as a quick side dish and an interesting alternative to mashed potatoes.

Ingredients

1 large rutabaga, peeled and cut into 1" cubes
Kosher salt
3 Yukon gold potatoes, peeled and cut into 1" cubes
1 cup heavy cream or milk
½ stick cold butter

Instructions

1. **Boil the rutabaga.** Put the rutabaga cubes in a large pot and covered with 2" of water. Season water generously with salt. Partially cover the pot and bring the water to a boil over medium-high heat. Boil rutabaga for about 40 minutes, until they are sweet in taste. Add the cubed potatoes and boil 15 minutes longer, until fork tender.
2. **Heat the cream.** After adding the potatoes to the boiling water, heat the cream over medium-low heat in a small saucepan.
3. **Drain and mash.** Drain the rutabagas and potatoes and mash together with a potato masher or fork. (You can also use a food mill to mash them.) Add one half of the warmed cream and one half of the cold butter. Stir vigorously to combine. Repeat with the remaining cream and butter.
4. **Taste and season.** Taste the mixture and add salt and/or ground black pepper to taste. Serve while warm.

Mashed rutabaga is a versatile side dish that can be enjoyed as you would mashed potatoes. Serve it alongside turkey, roasted chicken or beef, or any protein accompaniment.

Yield: 6-8 servings

Source: www.FoodNetwork.com