

RUTABAGA



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Community Nutrition Education RI

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HOW DOES IT TASTE?

Rutabagas have a sweet and slightly bitter flavor. When cooked, they have a similar taste and texture to potatoes.

HOW DO I PICK IT?

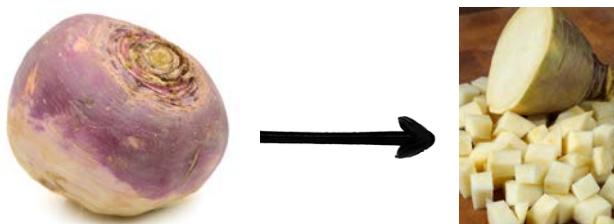
Choose a smooth, heavy and firm rutabaga. The smaller they are, the sweeter they are. Look for a purple and light yellow-orange color and a width of about 3-5 inches across. They are best when in season which is from October to November but they are available year-round.

HOW DO I STORE IT?

Rutabagas last for months stored in a plastic bag in a cool refrigerated area. Twist off the greens and remove the tops before storing.

HOW DO I PREPARE THEM?

1. Using a vegetable brush, scrub rutabaga under lukewarm water to remove the waxy covering.
2. Remove the top/stem part.
3. Peel skin off for both raw and cooked use.



Cut up rutabaga into chunks and drizzle with oil and **roast**, add to bowls or as a side. **Boil and mash** chopped rutabaga or add cubes to a **stew**. Raw rutabaga can be **shredded** into a salad.

ROASTED RUTABAGA

Ingredients:

- 1 large rutabaga
- 3 tablespoons olive oil
- Salt
- Pepper
- ½ teaspoon apple cider vinegar
- Chopped parsley

Directions:

1. Preheat oven to 425 F.
2. Scrub, peel and cube rutabaga.
3. Toss rutabaga, olive oil, salt, and pepper on baking sheet.
4. Roast until golden and soft, about 40 minutes.
5. Toss with apple cider vinegar and chopped parsley.
6. Serve as a side with meat or another main dish.

KITCHEN TIP!

When making mashed rutabaga, add a tablespoon of sugar to the boiling water to reduce the bitter taste.