



Photo from foodnetwork.com

Local

PICK OF THE MONTH

January 2015

Rumbling Rutabaga

Recipe

Oven-roasted root vegetables

Ingredients

- 1 potato
- 1 cup sweet potatoes
- 1 cup carrots
- 1 cup parsnips
- 1 turnip
- 1 cup rutabaga
- 1 medium onion
- 1 clove garlic
- 1 1/2 tablespoons olive oil

Directions

Heat oven to 400 degrees. Cut vegetables into large chunks. Place the vegetables in a roasting pan and toss with olive oil. Roast the mixture for 45 to 60 minutes, stirring every 15 minutes until the vegetables are tender and evenly browned.

Yields eight servings, one cup each.

Nutrition information per serving:

100 calories, 18g carbohydrates, 2g protein, 4g fiber

Recipe adapted from caloriecount.about.com

What's so great about rutabaga?

- Fat free, cholesterol free, low sodium, high in vitamin C, vitamin A, and potassium
- Good source of fiber
- Similar to a turnip, but sweeter



Photo from foodtruthonline.com

What's the best way to eat rutabaga?

- Mash it, like potatoes
- Roast it in the oven
- Add it to soups or stews

Selection and preparation

<p>Selection</p> <p>Choose rutabaga that are heavy for their size and free of soft spots and cracks.</p>	<p>Storage</p> <p>Store at room temperature for one week or refrigerate in a plastic bag for three weeks</p>
<p>Preparation</p> <p>Rinse and scrub under cool running water. Dry and trim off the top and bottom. Peel the skin off and cut into desired size for the recipe.</p>	<p>Cooking</p> <p>Eat it raw, roasted, boiled, steamed, baked, braised, stir-fried or heated in the microwave.</p>



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Check your local grocery store or fruit stand for fresh rutabaga today!