

# Rutabaga Facts & Recipes

## One medium Rutabaga contains:

- **Calories: 143**
- **Carbs: 33 grams**
- **Protein: 4 grams**
- **Fat: 0.5 grams**
- **Fiber: 9 grams**
- **Vitamin C: 107% of RDI**
- **Potassium: 35% of the RDI**
- **Magnesium: 18% of the RDI**
- **Calcium: 17% of the RDI**
- **Vitamin E: 7% of the DV**

Rutabaga is a root vegetable that belongs to the **Brassica** genus. They only grow in cold climates and are commonly used in Northern Europe dishes. Nicknamed the "Swedish Turnip", Rutabaga is a hybrid between a turnip and a wild cabbage.

Rutabaga are a great source of **antioxidants**, including Vitamin C and E. Antioxidants help protect your body's cells and aid with **iron absorption**.

When eaten raw, rutabagas are sweeter and milder. When cooked, rutabagas are savory and still sweet, almost like a potato.

## Easy Roasted Rutabaga

- 1 or 2 rutabagas (about 1 1/2 to 2 pounds total)
- 3 tablespoons olive oil
- Kosher salt, to taste
- Freshly ground black pepper, to taste
- 1/4 to 1/2 teaspoon freshly ground nutmeg, optional
- 1 tablespoon chopped fresh parsley, optional



1. Gather the ingredients. Preheat the oven to 425 F. Put the rutabagas in a large saucepan and cover with water.
2. Line a large, rimmed baking sheet with foil.
3. Peel the rutabaga(s) and cut them into 1-inch pieces.
4. In a large bowl or food storage bag, toss the diced rutabaga with the olive oil, salt, pepper, and nutmeg, if using.
5. Arrange the rutabaga in a single layer on the prepared baking sheet.
6. Bake for about 40 to 50 minutes, until tender and lightly browned.
7. Toss with fresh chopped parsley, if desired.

# Easy Mashed Rutaga

- 2 to 3 pounds rutabagas, peeled and cut into chunks
- 2 teaspoons salt, divided
- 1/3 cup butter
- 1/2 teaspoon ground black pepper



1. Put the rutabagas in a large saucepan and cover with water. Add 1tsp of salt.
2. Bring to a boil. Reduce heat, cover, and simmer for about 25 to 30 minutes or until tender.
3. Drain and let the rutabagas dry in a colander or in the pan with the top ajar.
4. Mash the rutabagas with the butter, remaining 1 teaspoon of salt, and the black pepper. Serve and enjoy.

## Rutabagas with Caramelized Onions

- 8 tablespoons (1 stick) butter
- 1 3/4 pounds onions, halved, thinly sliced
- 2 1/4 pounds rutabagas, peeled, cut into 1/2- to 3/4-inch pieces
- 2 tablespoons honey



1. Melt 5 tablespoons butter in heavy large skillet over medium-low heat. Add onions and sauté until brown, 40 minutes.
2. Meanwhile, cook rutabagas in large pot of boiling salted water until tender, about 20 minutes. Drain well.
3. Melt 3 tablespoons butter in large skillet over medium-low heat. Add rutabagas; sauté until heated through, about 10 minutes. Drizzle honey over. Gently stir in onions. Season with salt and pepper. (Can be made 3 hours ahead. Let stand at room temperature. Rewarm over medium-low heat.)