Rutabaga contains Vitamin A, which is good for healthy eyes and skin. To prepare, rinse well and peel. Rutabaga can be eaten raw or cooked. Store in the refrigerator in a plastic bag for up to 1 month.

### Roasted Rutabaga Fries

**Ingredients:**
- 2 medium rutabagas
- 2 tablespoons chopped rosemary (optional)
- 1 ½ tablespoons vegetable oil
- ¼ teaspoon salt
- ½ teaspoon ground pepper

**Directions:**
1. Preheat oven to 400°F
2. Peel and cut rutabagas into ¼-inch slices; stack and cut into ¼-inch sticks.
3. Toss with rosemary (if using), oil, salt and pepper.
4. Roast for 15-20 minutes, shaking pan often) until golden brown and tender.

**Note:** cooking time may vary depending on oven temperature.

*Recipe adapted from Cooking Lite*

### Mashed Rutabagas

**Ingredients:**
- 2 pounds peeled rutabaga, cut into large chunks
- 2 tablespoons vegetable oil
- Pinch ground nutmeg
- Salt and ground pepper to taste

**Directions:**
1. Add peeled rutabaga chunks to a pot of cold, salted water. Cover and bring to boil. Turn down heat and simmer until very tender (about 30 minutes)
2. Drain rutabaga, return to pot and cook for 2-3 minutes to dry.
3. Mash with a potato masher or fork (they will be slightly fibrous).

**Note:** Instead of nutmeg, add ¼ cup low-fat sour cream or Greek Yogurt and 1 tablespoon chopped dill.

*Recipe Adapted from Food Network*

### Quick Tips for Rutabaga:

- Rutabagas are also known as swedes, yellow turnips or wax turnips.
- Add rutabaga to soups, stews, or mash with potatoes.
- 1 small rutabaga (about 1 ½ pounds) equals 3 cups raw cubed rutabaga.

Quick Tips adapted from “Just Say Yes to Fruits and Vegetables”