

Rutabaga

Vegetable Subgroup: Other

1 lb fresh whole rutabaga =

8.3-1/4 cup servings pared, cubed, cooked

5.7-1/4 cup servings pared, cooked, mashed

Peak Season: Fall



A cross between a wild cabbage and a turnip, many people find the rutabaga to be a somewhat mysterious root vegetable. Don't let this veggie fool you, though, into thinking it is anything less than versatile and healthy. Known as a rutabaga in the US it also goes by Swede, Swedish turnip, and yellow turnip in different areas of the world.



Its versatility is displayed in the unique methods of preparation that marks each of these regions.

Similar to a turnip (to the left in the picture) in appearance, the rutabaga is also part of the cruciferous family. However, it is larger in size, its flesh is pale yellow instead of white, and its flavor is sweeter than that of a turnip.

Nutrition Facts			
Serving Size 1/2 cup (70g)			
Servings Per Container			
Amount Per Serving			
Calories 25	Calories from Fat 0		
% Daily Value*			
Total Fat 0g			0%
Saturated Fat 0g			0%
Trans Fat 0g			
Cholesterol 0mg			0%
Sodium 15mg			1%
Total Carbohydrate 6g			2%
Dietary Fiber 2g			8%
Sugars 4g			
Protein 1g			
Vitamin A 0%		Vitamin C 30%	
Calcium 4%		Iron 2%	
*Percent Daily Values are based on a diet of 2,000 calories. Your daily values may be higher or lower depending on your calorie needs.			
	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g
Calories per gram:			
	Fat 9	Carbohydrate 4	Protein 4

Excellent source of vitamin C and a good source of fiber and vitamin A

Storage

Rutabagas can be stored in a plastic bag in the refrigerator for up to 3 weeks or at room temperature for about 1 week.

Preparation

Often coated with a protective wax to prevent moisture loss, rutabagas should always be peeled. Simply rinse, cut one end for a flat surface, divide into quarters and remove the waxy skin with a paring knife.

Cooking

Place rutabagas in boiling water for about five minutes before baking, braising, or stir-frying.

Baking/Roasting: Place 1/4 inch thick slices in shallow baking dish. Sprinkle with a few tablespoons of water. Cover and bake at 350 degrees until tender (50 to 60 minutes).

Stir-Frying: Stir-fry thinly sliced rutabagas until they begin to crisp (6 to 7 minutes)

Boiling: Drop whole or sliced into boiling water. Cover and cook until just tender (25 to 30 minutes for whole rutabagas; 7 to 10 minutes for sliced).

Braising: Place sliced or cubed rutabagas in a heavy skillet. Add enough broth to cover the bottom of the pan. Cover and simmer 15 to 20 minutes

Steaming: Steam diced rutabagas 25-30 minutes.

To improve flavor, uncover pot when boiling to allow gases to escape

Rutabaga Carrot Sauté

Recipe courtesy of Produce for Better Health Foundation

Think Variety; Think Color: ■ ■

Serves: 3

Cups of Fruits and Vegetables per Serving: 1

- ½ small rutabaga (about ½ pound)
- 2 medium carrots
- ¼ cup red onion, finely chopped
- 2 teaspoons vegetable oil
- ¼ teaspoon salt
- ¼ cup apple juice
- ¼ teaspoon dried dill, crumbled
- ¼ teaspoon fennel seeds, chopped

Using a vegetable peeler, peel rutabaga and carrot.

Shred or coarsely grate rutabaga and carrot (using a food processor saves time).

Heat oil in a large skillet, over MEDIUM-HIGH heat.

Sauté rutabaga, carrots, and onion for 2 minutes until beginning to soften.

Add remaining ingredients, cover and reduce heat.

Cook until vegetables are tender-crisp and liquid has evaporated, about 3-4 minutes.

Nutritional Information per Serving

Calories: 86	Carbohydrates: 14g
Total Fat: 3.3g	Cholesterol: 0mg
Saturated Fat: 0.5g	Dietary Fiber: 3g
% of Calories from Fat: 35%	Sodium: 239mg
Protein: 2g	

Rustic Rutabaga Mashed Potatoes

Courtesy of LeAnne Heckenlaible,
Save Mart Supermarkets

Ingredients

- 1 ½ pounds Yukon Gold potatoes, unpeeled and cut into ¾-inch pieces
- 3 garlic cloves, coarsely chopped
- 1 small rutabaga (about 1 pound), peeled and cut into ½-inch pieces
- ¾ cup low-fat buttermilk or reduced-fat cream
- ¼ cup chopped green onions

Salt and pepper to taste

Directions

In large stockpot, add potatoes, garlic, and rutabaga; cover with water and heat to boiling over high heat. Reduce heat to medium and simmer 20 to 30 minutes or until tender. In colander, drain cooked vegetables and return to stockpot. Add remaining ingredients; with potato masher, mash to slightly chunky consistency. Salt and pepper to taste. Serves 8



Chicken Noodle and Rutabaga Soup

Recipe courtesy of Taste of Home

Ingredients

- 3 medium carrots, chopped
- 1 medium onion, chopped
- 1 celery rib, chopped
- 2 teaspoons butter
- 4 cups reduced-sodium chicken broth
- 1 medium rutabaga (about 1-1/2 pounds), peeled and cut into 1/2-inch cubes
- 1/2 teaspoon salt
- 1/4 teaspoon dried thyme
- 1/8 teaspoon dried marjoram
- 1/8 teaspoon pepper
- 2 cups uncooked yolk-free noodles
- 2 cups cubed cooked chicken breast
- 1/3 cup minced fresh parsley

Directions

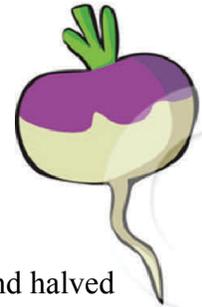
- In a large saucepan or Dutch oven, sauté the carrots, onion and celery in butter until tender. Add the broth, rutabaga, salt, thyme, marjoram and pepper; bring to a boil. Reduce heat; cover and simmer for 15 minutes.
- Add noodles; cover and simmer 20 minutes longer or until noodles are tender. Stir in the chicken and parsley; heat through. **Yield:** 6 servings.

Nutritional Information per 1 Cup Serving

Calories: 211	Carbohydrates: 26g
Total Fat: 3g	Cholesterol: 39mg
Saturated Fat: 1g	Dietary Fiber: 5g
%Calories from Fat: 35%	Sodium: 702mg
Protein: 20g	

Roasted Rutabagas

Recipe courtesy of PA Nutrition Education Network



Ingredients

- 1 pound Rutabagas
- 1 Tablespoon Olive oil
- 3 cloves Garlic, peeled and halved
- 1/3 cup Low-fat, reduced sodium chicken broth
- 1 teaspoon Sugar
- 1/2 teaspoon Dried rosemary
- Salt and pepper to taste

Directions

1. Peel and cut rutabaga into 1/2 inch thick slices.
2. Steam the rutabagas over boiling water for 10 minutes. Drain.
3. In a large skillet, heat oil over medium-high heat. Add garlic and cook for 30 seconds. Add rutabagas and sugar. Cook for 6 minutes.
4. Add broth, rosemary, salt and pepper. Cook uncovered for 10 minutes, until rutabagas are tender.

Nutritional Information per 1/2 Cup Serving

Calories: 102	Carbohydrates: 17g
Total Fat: 4g	Cholesterol: 0mg
Saturated Fat: 1g	Dietary Fiber: 4g
%Calories from Fat: 35%	Sodium: 75mg
Protein: 2g	Sugars: 3g