

RUTABAGA

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GREATER
CHICAGO
- FOOD -
DEPOSITORY.

CHARACTERISTICS

- Rutabagas are a root vegetable and are a cross between turnips and cabbage.
- Rutabagas have a slightly bitter flavor, and taste like a less-sweet carrot. When cooked, rutabagas become sweeter and taste similar to potatoes.
- Select smooth, heavy and firm rutabagas. Smaller rutabagas less than 4 inches in diameter tend to be sweeter.
- 1 cup of cooked rutabaga contains:
 - 53% of your recommended daily value of vitamin C to support a healthy immune system.



PREPARE

Wash well before eating. Remove tops and peel using a knife or vegetable peeler. Rutabaga flesh is quite hard, so cut it using a sharp knife. This vegetable can be eaten raw or cooked.

Try rutabagas:

- *Boiled and mashed* with other root vegetables like potatoes or carrots.
- *Pureed* into a soup.
- *Roasted*.
- *Raw*, grated into a salad or cut into sticks for dipping into sauces.

STORE

- Store in the refrigerator for up to two weeks or at room temperature for up to one week.
- To freeze: Wash, remove tops and peel. Cut into cubes and place in boiling water. Cook for 3 minutes, drain and immediately cool in ice water. Dry and freeze for up to 1 year.