

# Roasted Rutabaga



**GREATER  
CHICAGO**  
- FOOD -  
DEPOSITORY.

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**Serves:** 4

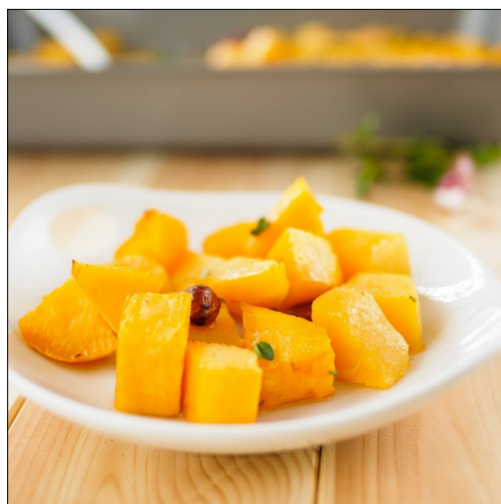
**Prep:** 5 minutes | **Cook:** 55 minutes

## INGREDIENTS

- 2 medium rutabagas, diced
- 1/4 cup cooking oil
- 2 tablespoons mustard
- 2 tablespoons lime juice
- 1 teaspoon salt
- 1 teaspoon garlic powder
- 1 teaspoon onion powder
- 1/2 teaspoon red pepper flakes

## DIRECTIONS

1. Preheat the oven to 400°F
2. Peel and dice the rutabagas. Place them in a large mixing bowl.
3. Add the rest of the ingredients to a separate bowl and mix until well combined.
4. Pour that sauce over the rutabagas and toss with a spoon until all the pieces are evenly coated.
5. Spread the rutabaga in a single layer across a baking sheet.
6. Cover with aluminum foil and bake in the oven for 30 minutes, then remove the foil, lower the heat to 375°F and continue baking about 25 more minutes, stirring 2 or 3 times during the process, until the rutabaga is fork tender and starts to caramelize around the edges.
7. Once the rutabaga has reached the desired color and doneness, remove it from the oven and sprinkle with salt. Let it cool for a few minutes and then serve.



### Nutrition Information

*Serving size: 1/4 of recipe*

<b>Total calories</b>	<b>197</b>
<b>Total fat</b>	<b>14 g</b>
Saturated fat	2 g
<b>Cholesterol</b>	<b>0 mg</b>
<b>Sodium</b>	<b>582 mg</b>
<b>Carbohydrates</b>	<b>10 g</b>
Fiber	3 g
Sugars	4 g
<b>Protein</b>	<b>1 g</b>

Recipe source: Adapted from the  
Healthy Foodie