

# Rutabaga

## Key Points

- For the best buy, choose rutabagas that are smooth with an even yellow color and are heavy for their size. Avoid rutabaga that are soft, shriveled or cracked.
- To prepare rutabaga, rinse well and peel. Rutabaga can be eaten raw or cooked.
- To keep fresh, store in the refrigerator in a plastic bag for up to 1 month.
- Rutabaga contains vitamin A, which is good for healthy eyes and skin.



## Rutabaga Salad

### Ingredients:

6 cups cubed rutabaga  
1/3 cup low fat mayonnaise  
1 teaspoon mustard  
1/4 cup chopped onion  
1/2 cup chopped celery  
2 hard boiled eggs, chopped  
Salt and pepper to taste

### Directions:

1. Place the rutabaga in a large pot and cover with water. Cook over high heat for 30 minutes or until tender.
2. Drain the rutabaga and set aside to cool.
3. In a large bowl, combine the mayonnaise, mustard, onion and celery.
4. Add the cooled rutabaga and the hard boiled eggs to the bowl. Toss gently to combine. Add salt and pepper to taste.
5. Cover and refrigerate for at least 15 minutes. Enjoy!
6. Refrigerate leftovers.

**Makes 4 servings.**

## Rutabaga and Carrot Mash

### Ingredients:

6 cups cubed rutabaga  
5 carrots, sliced  
3 tablespoons soft tub margarine  
1/2 teaspoon salt  
Black pepper to taste

### Directions:

1. Place the rutabagas and carrots in a large pot filled with water.
2. Cook over high heat until the vegetables are soft, about 40 minutes. Turn off the heat and drain.
3. In the pot, mash the vegetables until smooth with only a few small lumps.
4. Add the margarine and beat with a spoon until smooth.
5. Add salt and pepper to taste. Enjoy!
6. Refrigerate leftovers.

**Makes 8 servings.**

## Quick Tips

- Rutabagas are also known as swedes, yellow turnips or wax turnips.
- Add rutabaga to soups and stews or mash with potatoes.
- 1 small rutabaga, (about 1 1/2 pounds) equals 3 cups raw cubed rutabaga.
- Remember to rinse all fruits and vegetables before using.

*This institution is an equal opportunity provider and employer. This material was funded by USDA's Food Stamp Program. The Food Stamp Program provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more, contact 1-800-221-5689.*

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# The Nutrition Facts Label—What does it tell us?

Recipe name: Rutabaga and Carrot Mash

## Nutrition Facts

Serving Size: 1/8 of recipe (140g)

Servings Per Recipe: 8

### Amount/Serving

**Calories** 80      **Calories from Fat** 35

**% Daily Value\***

**Total Fat** 4g      **6%**

Saturated Fat 1g      **5%**

Trans Fat 0g

**Cholesterol** 0mg      **0%**

**Sodium** 220mg      **9%**

**Total Carbohydrate** 12g      **4%**

Dietary Fiber 3g      **14%**

Sugars 7g

**Protein** 2g

Vitamin A 130%      Vitamin C 45%

Calcium 6%      Iron 4%

\*Percent (%) Daily Values are based on a 2,000 calorie diet.

1. Start with Serving Size.

2. Check Calories.

3. Limit these:

- Total Fat
- Saturated Fat
- Trans Fat
- Cholesterol
- Sodium

4. Get enough of these:

- Fiber
- Vitamin A
- Vitamin C
- Calcium
- Iron

Percent (%) Daily Value:

5% or less is LOW

20% or more is HIGH

# The Nutrition Facts Label—What does it tell us?

Recipe name: Rutabaga Salad

## Nutrition Facts

Serving Size: 1/4 of recipe (249g)

Servings Per Recipe: 4

### Amount/Serving

**Calories** 140      **Calories from Fat** 60

**% Daily Value\***

**Total Fat** 6g      **10%**

Saturated Fat .5g      **4%**

Trans Fat 0g

**Cholesterol** 5mg      **2%**

**Sodium** 280mg      **12%**

**Total Carbohydrate** 18g      **6%**

Dietary Fiber 5g      **21%**

Sugars 12g

**Protein** 4g

Vitamin A 2%      Vitamin C 80%

Calcium 10%      Iron 6%

\*Percent (%) Daily Values are based on a 2,000 calorie diet.

1. Start with Serving Size.

2. Check Calories.

3. Limit these:

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- Trans Fat
- Cholesterol
- Sodium

4. Get enough of these:

- Fiber
- Vitamin A
- Vitamin C
- Calcium
- Iron

Percent (%) Daily Value:

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20% or more is HIGH