

Sweet & Spicy Rutabaga

INGREDIENTS

- 2 rutabagas, medium size
- 1-2 tablespoons cooking oil
- 2 tablespoons honey
- 2 hot peppers, deseeded and chopped
- 1 clove garlic, pressed
- 1 teaspoon cumin seeds
- 2 teaspoons salt
- 1 teaspoon pepper
- 2 tablespoons fresh cilantro, chopped

DIRECTIONS

1. Preheat oven to 400 degrees.
2. Peel rutabagas and chop into 1-inch cubes. **
3. Place on a lined baking sheet and toss with cooking oil, until well coated. Roast for 30 minutes, until nearly cooked through.
4. While the rutabaga is baking, in a small bowl, stir together the honey, chili peppers, garlic, cumin seeds, salt, and pepper.
5. After roasting for 30 minutes, remove rutabaga from the oven and stir in the honey-pepper mixture. Stir well and return to the oven for another 10-15 minutes. Be careful the honey mixture doesn't begin to burn.
6. Remove from the oven, toss with the chopped cilantro and serve.

** Time saving tip: place chopped rutabaga in a microwave safe bowl and microwave for 2 minutes before placing on a baking sheet. This will reduce the cooking time by approximately 10-15 minutes.



Roasted Rosemary Rutabaga

INGREDIENTS

- 2 rutabagas, medium size
- 1 medium onion, diced
- 2 cloves garlic, minced
- 1 tablespoon fresh rosemary, chopped
- 1-2 tablespoons cooking oil
- 1 teaspoon salt
- 1/2 teaspoon pepper

DIRECTIONS

1. Preheat oven to 400 degrees.
2. Peel rutabagas and chop into 1-inch cubes. **
3. Place rutabaga on a lined baking sheet. Toss with onions, garlic, rosemary and cooking oil, until everything is well coated. Season with salt and pepper, to taste.
4. Roast for approximately 30-40 minutes, until cooked through. Stir 1-2 times while cooking to encourage browning on all sides.

** Time saving tip: place chopped rutabaga in a microwave safe bowl and microwave for 2 minutes before placing on a baking sheet. This will reduce the cooking time by approximately 10-15 minutes.



Mashed Rutabaga with Chives

INGREDIENTS

- 2 rutabagas, medium size
- 1 tablespoon butter
- 1/2 cup sour cream
- 1 teaspoon salt, to taste
- 1/2 teaspoon pepper, to taste
- 3 tablespoons chives, chopped

DIRECTIONS

1. Peel rutabagas and chop into 1-inch cubes. **
2. Place rutabaga in a medium sauce pan and add salt. Cover with water. Bring to a boil and simmer for 25-30 minutes until very soft.
3. Once soft, pour off the water and cook for another 2-3 minutes in the pot to cook off a little more moisture.
4. Mash the rutabaga with a potato masher or immersion blender until smooth.
5. Stir in the butter, sour cream, salt and pepper. Serve.

** Time saving tip: place chopped rutabaga in a microwave safe bowl and microwave for 2 minutes before placing in pot This will reduce the cooking time by approximately 10 minutes.



Mashed Rutabaga with Herbs

INGREDIENTS

- 2 rutabagas, medium size
- 2 tablespoons butter
- 2 cloves garlic, minced
- 4 tablespoons fresh herbs, minced
- 1 teaspoon salt, to taste
- 1/2 teaspoon pepper, to taste

DIRECTIONS

1. Peel rutabagas and chop into 1-inch cubes. **
2. Place rutabaga in a medium sauce pan and add salt. Cover with water. Bring to a boil and simmer for 25-30 minutes until very soft.
3. While rutabaga is cooking, heat butter in a small skillet over medium heat. Add garlic and herbs and toast for 3-4 minutes until fragrant and set aside.
4. Once the rutabaga is soft, pour off the water and cook for another 2-3 minutes in the pot to cook off a little more moisture.
5. Mash the rutabaga with a potato masher or immersion blender until smooth.
6. Stir in the butter-herb mixture, salt and pepper. Serve.

** Time saving tip: place chopped rutabaga in a microwave safe bowl and microwave for 2 minutes before placing in pot This will reduce the cooking time by approximately 10 minutes.

Suggested herbs: sage, thyme, oregano, rosemary, tarragon, dill, chives, marjoram.

