

Shopper's Guide

Selection

Rutabagas are available all year. But these root vegetables are best in the fall. Rutabagas are often trimmed of taproots and tops. When found in the grocery store, they are coated with clear wax to prevent moisture loss.

Look for

Firm, smooth vegetables with a round, oval shape. Rutabagas should feel heavy for their size.

Avoid

Avoid rutabagas with punctures, deep cuts, cracks, or decay.

Storage

Rutabagas keep well. Refrigerate in a plastic bag for two weeks or more. If stored at room temperature, rutabagas will last a week.



Recipe Collection

Fall Casserole*

Makes 4 servings

Ingredients:

- 1 pound rutabagas
- 1 Tablespoon olive oil
- 3 cloves garlic, peeled and halved
- 1 teaspoon sugar
- 1/3 cup low-fat, reduced sodium chicken broth
- 1/2 teaspoon crumbled dried rosemary
- Salt and pepper to taste

Instructions:

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 for 10 minutes, uncovered until rutabagas are tender.

Nutrient Data

Serving Size for 1/2 cup: Calories 102, Total Fat 4g, Saturated Fat 4g, Cholesterol 0 mg, Sodium 75mg, Carbohydrate 17g, Dietary Fiber 4 g, Protein 2g

**Recipe adapted from www.diabetes.org

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Rutabaga



What's So Great about Rutabagas?

Rutabagas are an excellent source of vitamin C, and a good source of potassium, fiber and vitamin A.

Rutabagas are low in calories and are fat free.

Rutabaga's sweet, peppery flesh makes great side dishes.

Rutabagas are tasty in salads, soups, and stews.

Rutabagas are inexpensive.



Nutrition Information for 1 cup Rutabaga

Nutrition Facts	
Serving Size 1 cup, cubes (170g)	
Servings Per Container 1	
Amount Per Serving	
Calories 66	Calories from Fat 3
% Daily Value*	
Total Fat 0g	1%
Saturated Fat 0g	0%
Trans Fat	
Cholesterol 0mg	0%
Sodium 34mg	1%
Total Carbohydrate 15g	5%
Dietary Fiber 3g	12%
Sugars 10g	
Protein 2g	
Vitamin A 0%	Vitamin C 53%
Calcium 8%	Iron 5%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

NutritionData.com

Key nutrition facts are circled in purple.

Did You Know?

Rutabagas are relatives of turnips. Rutabagas are larger, denser and sweeter than turnips. Smaller rutabagas tend to be sweeter than larger rutabagas. Rutabagas have a lumpy, irregular shape with tan skin, and a dark purple band at the crown.



A turnip is pictured on the left. A rutabaga is on the right. Notice the difference in size, texture, and color.