

Produce of the Month



Rutabaga



Nutritional Information



One cup of cooked rutabaga is 100 calories



Rutabaga is high in vitamin C, potassium and fiber



Rutabaga is considered a healthy alternative to potatoes as it doesn't have as many empty carbs and provides a wide range of minerals, vitamins and antioxidants

Fun Facts



Rutabaga is a turnip and wild cabbage hybrid.



A rutabaga weighing in at 85.5 pounds won the Guinness World Record in 2011 for the worlds largest root vegetable.

Selecting, Storing, Preparing



Select a firm, rutabaga that is 4 inches in diameter, has purple-tinged skin, that when scratched, shows yellow flesh beneath, and is the heaviest



Stay away from rutabagas that have green shoots coming out of it, it's overripe



A rutabaga stored in the refrigerator can last for weeks



Consider freezing chopped, blanched, drained cubes in air tight containers



Wash, cut and peel a rutabaga before cooking or using it.

Recipes/Ideas

- Enjoy them sauteed, roasted, mashed, baked, fried, added to soups or stews
- For a healthy sweet treat add rutabagas with pumpkin to make pie

For more ideas:

<http://95210.townofmanchester.org/>

<http://www.foodnetwork.com/recipes/food-network-kitchen/roasted-rutabaga-recipe-2104064>

Manchester's Message for a Healthier You



9 Hours of Sleep – 5 Servings of Fruits & Vegetables – 2 Hours or less of Screen Time – 1 Hour of Physical Activity – 0 Sugary Beverages