

# RUTABAGA

## Did you know?

Rutabaga is often called turnip. In fact, they are two different vegetables. Rutabaga is **bigger**, has **beige flesh** and **whitish skin**.

## 5 ways to use it

- Just like potatoes, you can **mashed rutabaga** alone or along with other vegetables.
- When served as a **soup**, either blended or not, rutabaga adds a distinctive flavour to your meal.
- Nothing beats the winter cold like a comforting, hearty **stew**... with diced rutabaga!
- Why not add slices of rutabaga to your **plate of raw veggies**?
- Liven up your **salads** by adding grated rutabaga along with apples and carrots.

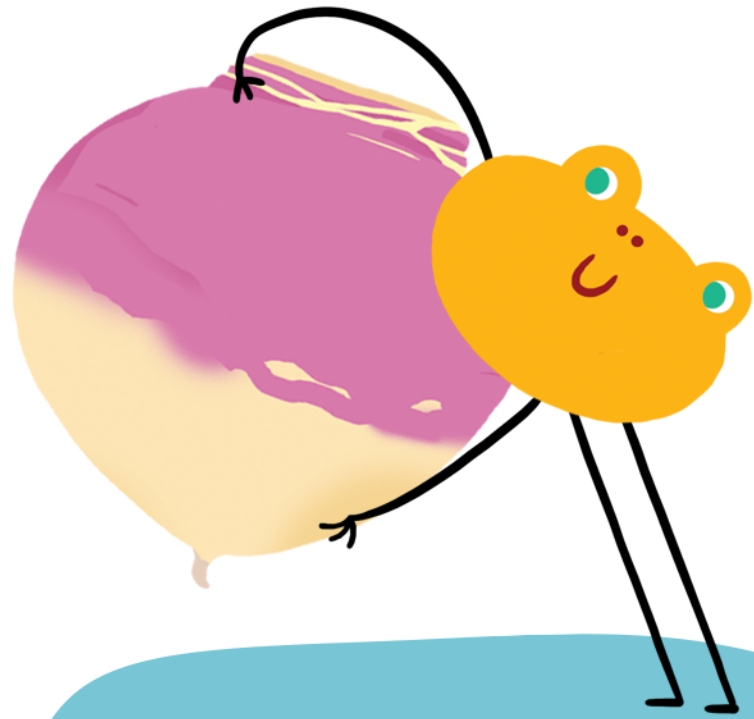


## Why we like it

Rutabaga is inexpensive and available year-round. A great way to add vegetables to your menu any time!

## Tip to reduce waste

Rutabaga keeps for at least **3 weeks in the fridge**. One large rutabaga will be enough for several recipes.



## Choosing it

When buying rutabaga, choose one that is firm and heavy. Avoid any that have spots.

## Good to know!

If the rutabaga has a strong smell, **blanching it for 5 minutes** in boiling water before adding it to your recipes will make its flavour less pronounced.

## Storing it

Rutabaga keeps best unwashed in the vegetable drawer of your fridge.

It also freezes well if you blanch it in boiling water for 2 minutes, then mash it or cut it into pieces before freezing.