

# Turnip & Rutabaga



Rutabagas and turnips are closely related root vegetables. Rutabagas are larger, denser, and sweeter with yellow flesh, while turnips are smaller and white with purple, red or green around the top. Both are a great source of vitamins and nutrients, and are inexpensive winter vegetables. Both the root and the greens are edible and delicious.

## Cooking Tips

Rutabagas and turnips are great sautéed, steamed, boiled, and roasted. Both should be peeled using a vegetable peeler or knife before cooking. Rutabagas are a great substitute for potatoes, and turnips can be used in place of carrots or parsnips. Fresh turnip greens can be cooked like spinach.



Rutabaga



Turnips

## Storage

Store in a cool dry place up to 1 week, or wrap loosely in plastic and store in refrigerator crisper drawer for 3-4 weeks. Large rutabagas are often coated with food-safe wax to prolong shelf life: simply remove wax with the peel before using.

## Quick Shepherd's Pie

### Ingredients:

- 1 lb rutabaga or turnip (or both)
- ¼ cup low-fat milk
- 2 tbsp butter
- ½ tsp salt
- ½ tsp pepper
- 1 tbsp oil (olive or vegetable)
- 1 lb ground lamb or beef
- 1 medium onion, finely chopped
- 3-4 carrots, chopped (about 2 cups)
- 3 tbsp oregano
- 3 tbsp flour
- 14 oz chicken broth (reduced sodium is best)
- 1 cup corn (fresh, canned, or frozen)

### Directions:

1. Chop the rutabaga/turnip into one inch cubes.
2. Steam or boil for 8-10 minutes, or until tender.
3. Mash with butter, milk, and salt and pepper. Cover and set aside.
4. Meanwhile, heat oil in a skillet over medium-high heat.
5. Add the ground meat, onions, and carrots. Cook, stirring, until the meat is no longer pink, 6-8 minutes. Season with salt and pepper to taste.
6. Sprinkle in flour and oregano, and stir for an additional minute.
7. Add broth and corn. Let simmer 6-8 minutes, until liquid has thickened and vegetables are tender.
8. Ladle into bowls and top with mashed rutabaga/turnip. Serve immediately.

lovin'  
spoonfuls  
a food rescue

