

# Rutabaga

Rutabagas are root vegetables that are closely related to turnips. The vegetables are high in vitamin C, vitamin A, fiber and potassium.

- Rinse and dry before preparing. Cut off stem end.
- Cut into bite-size chunks and boil them in a pot of salted water for 30-40 minutes. Drain and mash with a fork for a diabetic-friendly mashed potato alternative.
- Cut into bite-size chunks, toss with vegetable oil, salt and pepper, and roast on baking sheet at 425 until golden and soft, about 40 minutes.
- Refrigerate in plastic bag for 2-3 weeks.



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