

# HARVEST OF THE MONTH

## Menu Week 3

Recipe Changes (12/5-12/11)



### Monday Lunch (12/17): Rutabaga Casserole

*Substitute for the Mashed Potatoes*

#### Comments:

6 Rutabagas  
4 carrots  
2 tbsp sugar  
2 tbsp butter  
1/8 cup milk

1. Peel rutabagas and cut into large cubes. Cut carrots in chunks. Place in cold salted water, and bring to a boil. When fork tender, about 20-25 minutes, drain.
2. Mash rutabagas and carrots with sugar, and butter.
3. Mix in 1/8 cup milk.
4. Warm in the oven at 200F. If it gets dry, add another 1/8 cup milk.

### What is a rutabaga?

A *rutabaga* is a root vegetable often confused with turnips and parsnips. It grows in the ground like a carrot and usually has a top hat of greens, which are edible. *Rutabagas* can be roasted with potatoes, boiled like a beet, or peeled and eaten raw with some ranch dip. *Rutabaga greens* (along with beet greens), can be eaten in a salad or sauteed like spinach.

