



# RUTABAGA 3 WAYS!

## RUTABAGA STEW

### INGREDIENTS NEEDED:

- 1 chicken breast, cubed
- 2 tablespoon olive oil
- 2 small onions, diced
- 1 large carrot, diced
- 1 large can of crushed tomatoes
- 2-3 cups cooked butternut squash
- 2 tablespoons lemon juice
- 1 large rutabaga, peeled and cubed
- 1 handful of fresh parsley, chopped
- 2 cups chicken stock
- Salt and pepper

### STEPS:

1. Cut the butternut squash in half and scoop out the seeds.
2. Place squash on a sheet pan (cut side down) and place in a 350 degree oven and bake until soft.
3. Cube the raw chicken and add to a hot stock pot with the olive oil.
4. Sauté the chicken until it is completely cooked.
5. Chop the onion, carrot, and rutabaga. Add this to the chicken stock pot.
6. Season pot ingredients with a pinch of salt and pepper.
7. Once the vegetables are fragrant, add in the chicken stock.
8. Bring stock pot to a boil, then reduce to a simmer.
9. Add in cooked squash (scoop it out of the skin) and the lemon juice.
10. Simmer with a lid on until it becomes thick (like a stew).
11. Serve in bowls and top with a generous amount of chopped, fresh parsley.

Rutabaga is a vegetable that has both fiber and protein!

## RUTABAGA FRIES

### INGREDIENTS NEEDED:

- 1 medium rutabaga, peeled
- 1-2 tablespoons olive oil
- 1-2 teaspoons paprika
- Salt and pepper

### STEPS:

1. Preheat oven to 450 degrees.
2. Peel and cut rutabaga into french fry strips.
3. Place rutabaga strips into a bowl and toss with olive oil.
4. Spread the rutabaga out evenly on a bake sheet.
5. Sprinkle rutabaga with salt, pepper, and paprika.
6. Bake for 40 minutes (flipping the fries at 20 minutes).
7. Serve with your favorite side of dipping sauce.

This recipe makes for a healthy movie night snack!

## RUTABAGA BREAKFAST BOWL

### INGREDIENTS NEEDED:

- 1 medium rutabaga, peeled and cubed
- 1 tablespoon butter
- ½ cup fresh parsley, chopped
- ½ cup lime juice
- 1 teaspoon onion powder
- 1 teaspoon garlic powder
- ½ teaspoon chili powder
- ½ teaspoon salt
- ½ teaspoon pepper
- 1 teaspoon fennel seed
- 1 fried egg to top (optional)

### STEPS:

1. Add butter and cubed rutabaga to a sauté pan.
2. Add seasonings and cook 5-8 minutes, or until the rutabaga is soft.
3. Add the lime juice and chopped parsley to the pan.
4. Serve in a bowl, topping with a fried egg if desired!

Did you know that eating breakfast has long-term health benefits? It can reduce obesity, high blood pressure, and diabetes!