



BENEFITS

Because it can surprise even the most discerning palate!

Also known as “Swedish turnip,” the rutabaga is prepared in the same way as potatoes: mashed, baked, fried, roasted or made into fries or chips, etc. Seasoned with a bit of nutmeg and chopped parsley, it’s a pure delight!

Because it's back in style!

Long associated with privation and poverty, the rutabaga can today be found in the kitchen of the world’s top chefs, a sweet revenge after years of ingratitude. The rutabaga is thought to have evolved from a cross between a turnip and kale.

WHY EAT LOCAL?

- To gain an awareness and appreciation of the different foods growing around us.
- To purchase produce that’s picked when ripe, guaranteeing exceptional freshness.
- To encourage Quebec farmers and support our local economy.
- To preserve our territory and agricultural expertise.
- To minimize the distances travelled by our food, thereby reducing the harmful environmental impacts.
- To reduce purchases of packaged and over-packaged food.



RUTABAGA AND CARROT SALAD À L'ORANGE

Portions: 4 to 6  15 min

Ingredients

- 1 l (4 cups) rutabaga, grated
- 500 ml (2 cups) carrots, grated
- 2 green onions, coarsely chopped
- 1 orange, diced
- 45 ml (3 tbsp) orange juice
- 15 ml (1 tbsp) white balsamic vinegar
- 60 ml (1/4 cup) olive oil
- 10 ml (2 tsp) maple syrup
- 5 ml (1 tsp) Dijon mustard
- 1 clove garlic, finely chopped
- Salt and pepper to taste

Directions

1. Combine the first 4 ingredients in a salad bowl.
2. In a small bowl, whisk together the remaining ingredients and pour the desired quantity on the vegetables. Toss to combine.
3. Adjust the seasoning.

Source: Julie Strecko, RD



RUTABAGA MAPLE SOUP

Portions: 4 to 6  10 min  30 min

Ingredients

- 15 ml (1 tbsp) olive oil
- 1 onion, coarsely chopped
- 1 celery stalk, coarsely chopped
- 1 l (4 cups) rutabaga, coarsely chopped
- 1.25 l (5 cups) chicken broth
- 30 ml (2 tbsp) maple syrup
- Salt and pepper to taste

Directions

1. In a large pot, sauté the onion in the oil 2 to 3 min.
2. Add the vegetables and chicken stock and bring to a boil.
3. Let simmer 30 min or until the rutabaga is tender.
4. Transfer to a food processor and purée.
5. Add the maple syrup and mix.
6. Adjust the seasoning.

Source: Julie Strecko, Nutritionniste



BONUS - FOR AN ORIGINAL PURÉE

Cook equal quantities of potatoes, carrots and rutabaga in a broth until tender. Drain, reserving the broth, and then purée, adding a little cream and stock to obtain the desired consistency.