



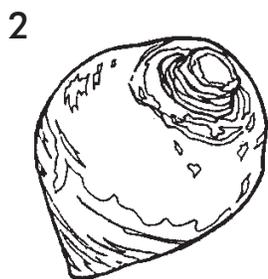
SMART SHOPPER TIPS & RECIPES

Getting Back to our Roots

with Turnips & Rutabagas

Who's Who?

Many people think rutabagas and turnips are the same vegetable. Do you know which of these is the turnip and which is the rutabaga?



Answer on back.

Country Vegetable Chowder

1 tbsp	margarine	15 mL
1	medium onion, chopped	1
3 cups	vegetable stock or water	750 mL
2 cups	potatoes, cubed and peeled	500 mL
1½ cups	parsnip strips	375 mL
1 cup	turnip strips	250 mL
1 cup	green beans, cut-up	250 mL
½ cup	carrots, thickly sliced	125 mL
½ tsp	each dried thyme, oregano, and salt	2 mL
¼ tsp	white or black pepper	1 mL
1	bay leaf	1
2 cups	broccoli florets and sliced peeled stems	500 mL
2 cups	2% milk	500 mL

In a 4-quart (4L) saucepan, melt margarine over medium heat; cook onion, stirring, until softened.

Add vegetable stock, potatoes, parsnips, turnips, beans, carrots, thyme, oregano, salt, pepper and bay leaf. Bring to a boil. Cover and reduce heat to simmer. Cook for 5 to 10 minutes or until vegetables are tender-crisp.

Add broccoli; cook until vegetables are tender. Stir in milk; heat until hot, but do not boil. Take out bay leaf.

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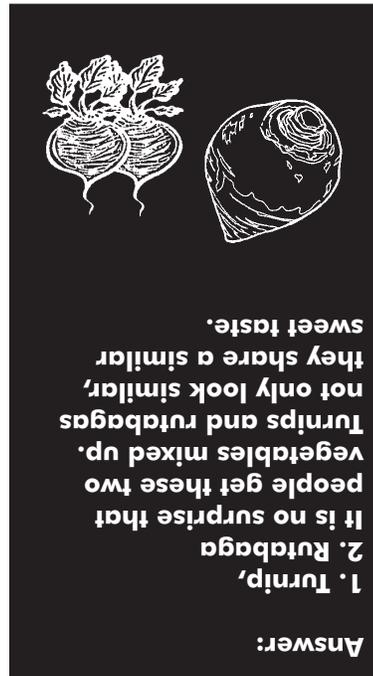
'Round the Roast Rutabaga

Preheat oven to 325° F (160° C)

Peel and cut rutabaga or turnip into $\frac{3}{4}$ inch cubes. Place in saucepan with a pinch salt; cover with water and bring to boil.

Reduce heat and simmer 3 minutes; drain well. Toss with small amount of vegetable oil and spread in roasting pan around pork, beef or lamb.

Roast with other Ontario vegetables such as potatoes, onions, carrots and parsnips. Roast in 325° F (160° C) oven for 1 to 1½ hours or until tender.



Source: Foodland Ontario

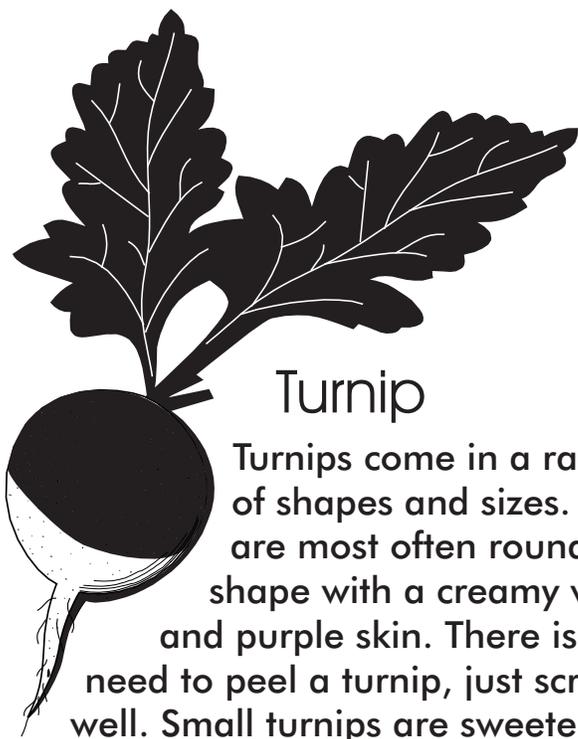
Rutabaga

Rutabagas are larger and heavier than turnips. Their colour is tan with a bright purple top. They are often covered in a thick layer of wax and must be peeled. Waxed rutabagas keep for up to 3 months.

TIP

It is easier to peel the wax and skin from a rutabaga if you cut it into four pieces (quarter) first.

If you find a rutabaga too hard to cut, microwave for 5 to 8 minutes to soften it. The wax will melt, so be sure to put a paper towel under it.



Turnip

Turnips come in a range of shapes and sizes. They are most often round in shape with a creamy white and purple skin. There is no need to peel a turnip, just scrub well. Small turnips are sweeter and more tender than larger ones.

Serving Suggestions

- Turnips can be cooked and served whole.
- Rutabagas are usually served sliced, diced or mashed.
- Ground ginger, cloves, honey or sugar can be added for flavour.
- Smaller turnips and rutabagas can be served raw like carrot sticks.

