

RUTABAGA HASSELBACK

Growing up in Australia I knew Rutabagas as Swedes and they are commonly found as a main ingredient in the classic lunch dish Cornish Pastie (pronounced p-AH-stie!) Easily mistaken for a Purple-Top Turnip, Rutabagas are members of the Mustard family, and are distinguished by their yellowish flesh. They are an excellent source of vitamin C, potassium, and manganese, and a good source of fiber, thiamin, vitamin B6, calcium, magnesium, and phosphorus. All of these nutrients combine to promote healthy function throughout the body, whilst protecting from heart disease and cancer. Clinical studies have shown that colorectal and prostate cancers can be diminished by ingesting healthy amounts of brassica vegetables, such as Rutabaga, Broccoli, Cauliflower and Cabbage.

Enjoy Rutabagas in soups and stews, roasted, steamed, mashed and pureed!

INGREDIENTS

4 Rutabaga, trimmed and peeled

½ teaspoon Dried Ginger Powder

½ teaspoon Dried Garlic Powder

Salt & Pepper

Olive Oil

Bacon & Shredded Cheese (optional)

DIRECTIONS

The tip here is to place a wooden spoon handle behind the Rutabaga before cutting so that your knife cannot cut all the way through.

Take your time and keep slices as even as possible for the best effect.

Oven 350F

Slice Rutabaga and place on a baking dish.

Drizzle with Olive Oil, then sprinkle with Salt & pepper, as well as Ground Ginger & Garlic Powder.

Bake on middle rack for 45-55 minutes.

Serve with Sour Cream, Applesauce, or as for Loaded Potatoes with Cheese & Bacon!