**Rutabaga “Potato-Style” Salad**

**INGREDIENTS**
- 4 cups rutabaga, peeled and chopped
- 2/3 cup regular or light mayonnaise
- 2 TBSP apple cider vinegar
- 1 tsp sugar
- 1/2 tsp salt
- 1/4 tsp pepper
- 1 tsp Dijon mustard
- 1/2 red onion, finely chopped
- 1 celery stalk, chopped
- 8 asparagus spears, top half only, chopped

**INSTRUCTIONS**
- Boil a small pot of water, drop asparagus in for 3 minutes. Remove asparagus with tongs and place in ice water for 1 minute to stop cooking. Drain and chop into 1 inch pieces. Set aside.
- Place the chopped rutabaga in a stockpot and cover with water. Bring the water to a boil and reduce heat to medium. Simmer on medium for about 15 to 20 minutes or until it is firm but tender to the fork pierce.
- Combine remaining ingredients until blended. Mix with rutabaga and asparagus. Serve immediately or chill if desired.

**SERVING SIZE:** 1/6 of recipe

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Nutrition Facts—Makes 6 servings, each contains 128 calories, 9 grams fat, 8 grams carbohydrate, 3.4 grams of fiber, 2 grams protein.

Rutabaga is a lower calorie, lower carbohydrate vegetable than potato. Making this “potato style” salad with rutabagas in place of potatoes saves 50 calories and 6 grams of carbohydrate and contains double the fiber per serving than regular potato salad.

Store leftovers in sealed container in the refrigerator for up to 3 days.

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