



RUTABAGA AND CARROT PUREE

Adapted from Epicurious.com

Yield: 8 servings

Active Time: 15 minutes

Total Time: 50 minutes

INGREDIENTS:

- 2 rutabagas (2 1/2 pounds total), peeled and cut into 1-inch pieces
- 5 carrots, cut into 1-inch pieces
- 3 Tablespoons unsalted butter
- 3 Tablespoons packed light brown sugar
- 1 teaspoon salt
- spices to taste

PREPARATION:

Place cut rutabagas and carrots in a large pot and add enough salted water to cover vegetables by 1 inch. Bring to a boil and cook until tender - about 30 minutes. Drain well. Add butter, brown sugar and salt. Mash with a potato masher until very smooth, or puree with a food processor. Add spices to taste and enjoy!

NOTES:

- Try recipe ***without added sugar***, vegetables may be sweet enough on their own.
- For a healthier option, make recipe with 1/2 the recommended salt and butter.
- Rutabagas are dense and may require more cooking time than carrots. Try cooking rutabagas alone for the first 5-7 minutes and then add carrots.
- Spice suggestions include nutmeg and/or red pepper flakes.
- Puree keeps well, covered and chilled, for up to 3 days.

NUTRITION INFO:

Calories 109; Carbohydrates 19g (6%); Fat 5g (7%); Protein 1g (3%); Sat Fat 3g (14%);

Sodium 275mg (11%); Fiber 3g (13%); Monounsaturated Fat 1g; Cholesterol 11mg (4%).