

## Mashed Root Vegetables – [FareStart](#) recipe (FareStart provides nutritious meals to childcare centers around the Seattle area)

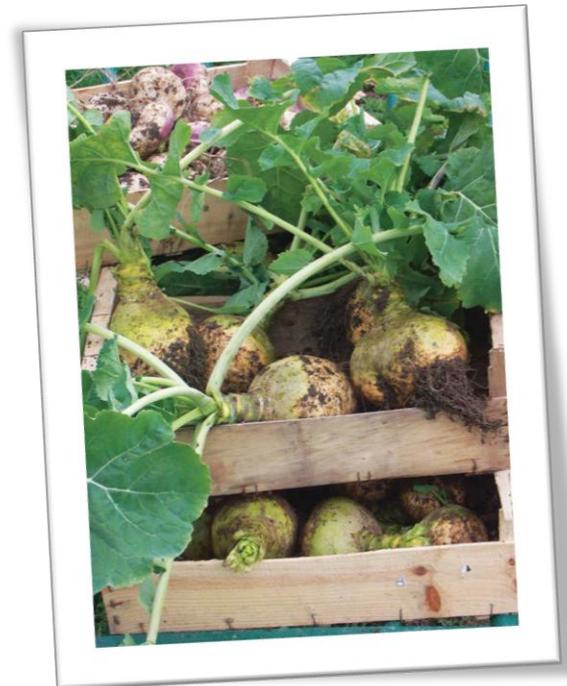
| Ingredients                                  | 50 Servings | 100 Servings | 25 Servings | Directions   |
|--|-------------|--------------|-------------|--|
| <b>Rutabaga, fresh<sup>§</sup></b>           | 2 ¼ lb.     | 4 ½ lb.      | 1 1/8 lb.   | <ol style="list-style-type: none"> <li>1. Peel/remove outer skin from vegetables and cut into 1 inch pieces. (Root vegetables can be roughly chopped – size just needs to be consistent.)</li> <li>2. Boil until tender and drain water.</li> <li>3. Add salt, pepper and garlic.</li> <li>4. Mash thoroughly and enjoy!</li> </ol> <p>❖ <b>Serving Size: 2.25 ounces.</b></p> |
| <b>Yam, fresh<sup>§</sup></b>                | 4 ½ lb.     | 9 lb.        | 2 ¼ lb.     |  |
| <b>Potato, Yukon Gold, fresh<sup>§</sup></b> | 5 ½ lb.     | 11 lb.       | 2 ¾ lb.     |  |
| <b>Garlic, fresh<sup>§</sup>, grated</b>     | 1 1/3 tsp   | 2 2/3 tsp    | 2/3 tsp     |  |
| Salt   | 2 4/5 tsp   | 5 3/5 tsp    | 1 2/5 tsp   |  |
| Black pepper, ground                         | To taste    |              |             |  |

<sup>§</sup>WA product available when in season

Approximate preparation time: 40 min.

### Tips & Variations:

- **Garlic** – instead of grating, you can throw in cloves (without skin & stem) in the boiling process and mash with the vegetables.
- You could add **local dill** or **oregano** to garnish.
- Any winter root vegetables can go well with this recipe: Try **carrots** and **parsnips** that are available in WA!



## Mashed Root Vegetables

### Child Nutrition Program Food Components:

✓ ¼ cup vegetable

### Nutrients Per Serving:

|                     |         |
|---------------------|---------|
| Calories            | 47 kcal |
| % Calories from Fat | 0 %     |
| Total Fat           | 0 g     |
| Saturated Fat       | 0 g     |
| Trans fat           | 0 g     |
| Cholesterol         | 0 mg    |
| Sodium              | 82 mg   |
| Total Carbohydrates | 11 g    |
| Dietary Fiber       | 2 g     |
| Sugars              | 2 g     |
| Protein             | 1 g     |
| Vitamin A (2880 IU) | 72 %    |
| Vitamin C (6 mg)    | 23 %    |
| Calcium             | 3 %     |
| Iron                | 2 %     |

☝ **Rutabaga** is a close relative of the turnip, though larger, sweeter, and more tan in color. The rutabaga appeared suddenly in the middle of the 17<sup>th</sup> century and first became popular in Sweden. (Rutabaga comes from the Swedish word *rotabagge*, meaning “baggy root.”) It is usually available in late fall and winter. [ref: “From Asparagus to Zucchini – A Guide to Cooking Farm-Fresh Seasonal Produce (3<sup>rd</sup> Edition)”]

☝ **Storage Tip:** Rutabaga will store adequately at room temperature for up to 1 week, or refrigerated in plastic bag or hydrator drawer for up to 1 month. For longer-term storage, it may be packed in moist sand and kept in a cool but not freezing location. [ref: “From Asparagus to Zucchini – A Guide to Cooking Farm-Fresh Seasonal Produce (3<sup>rd</sup> Edition)”]

notes

