Beets & Rutabagas

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Kid-Friendly Eating Tips

- Try pickling thinly-sliced beets!
- Grated raw beets are an excellent addition to a salad; beet greens can be treated like spinach or chard: sauté or use for a salad.
- Purée rutabaga on its own, with a bit of parmesan or add it to mashed potatoes.
- Cube and roast beets and rutabagas, with olive oil and your choice of herbs or with a honey or maple syrup glaze.

Cooking Tips

- Allow 30-60 minutes to boil or steam beets and rutabagas, depending on size; when the root vegetables are fully cooked, you can easily remove their skins and pierce a fork through them.
- If you scrub these root vegetables vigorously, you don’t need to peel them.

Recipes

Grated Beet and Carrot Salad

Yield: 4-6 servings

Salad Ingredients:
- 2 beets
- 2 parsnips
- 4 carrots
- 1 cup shredded cabbage

Honey-Ginger Dressing Ingredients:
- 1 tsp. grated fresh ginger
- ½ tsp. dried ginger
- 2 Tbsp. honey
- 1 Tbsp. orange juice
- 1 Tbsp. lemon juice
- 2 Tbsp. olive oil

Directions:
1. Clean and grate vegetables, keeping beets separate. There is no need to peel, just scrub! To save time, shred the vegetables using a food processor.
2. Mix together dressing ingredients.
3. Add dressing to vegetables.
4. Mix in beets last.
5. Let sit 1 hour before serving.

Mashed Rutabaga-Parmesan

Yield: 4-6 servings

Ingredients:
- 2 small rutabagas
- 2 potatoes
- 2 Tbsp. butter
- ¼ cup cream
- ½ cup grated fresh parmesan
- salt and pepper, to taste

Directions:
1. Peel and chop rutabagas into chunks and toss into a pot of boiling water. Cook for about 20 minutes, until easily pierced with a fork.
2. Drain, return to pot, and add butter; stirring to coat and melt.
3. Mash with a fork or potato masher.
4. Mix in cream and parmesan, and salt and pepper to taste.
5. Serve hot (reheat if necessary).

Honey-Ginger Dressing Ingredients:

- 1 tsp. grated fresh ginger
- or
- ½ tsp. dried ginger
- 2 Tbsp. honey
- 1 Tbsp. orange juice
- 1 Tbsp. lemon juice
- 2 Tbsp. olive oil

Source: VT FEED “A Guide for Using Local Food in Schools”, edited by GMFTS.

Source: www.stetted.com, edited by GMFTS.

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