

Rutabaga and Potato Puree

Serves 6 to 8.

Ingredients:

- ½ pound russet or other potatoes
- 1½ pounds rutabagas or mixed rutabagas and turnips
- Salt and freshly ground pepper
- 3 Tablespoons butter
- ¼ teaspoon nutmeg, preferably freshly grated
- 1 Tablespoon chopped parsley or snipped chives

Directions:

1. Peel potatoes and rutabagas. Cut into chunks, making the rutabagas (or turnips, if using) about half the size of the potatoes since they take longer to cook. Put potatoes and rutabagas in a saucepan and cover with cold water. Add 1½ teaspoons salt and bring to a boil. Cook until soft enough to mash, about 25 minutes.
2. Drain vegetables. Return the vegetables to the saucepan. Cook over low heat until vegetables are dry, about 1 to 2 minutes. Mash with a potato masher. Add butter and nutmeg. Add salt and pepper to taste. Stir in parsley or chives.



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Parsnips and Carrots with Orange Butter

Serves 2.

Ingredients:

- ½ cup water
- ½ teaspoon salt
- ½ pound parsnips, peeled; halved lengthwise, and cut crosswise into ¼-inch-thick pieces
- ½ pound carrots, halved lengthwise and cut crosswise into ¼-inch-thick pieces
- ⅓ cup fresh orange juice, about 1 orange
- 1 Tablespoon butter

Directions:

1. In a skillet, combine the water, parsnips, carrots, and salt. Cover skillet and simmer for 5 minutes, or until the vegetables are tender. Remove lid and cook until liquid evaporates.
2. Add orange juice and the butter, stirring until the butter is melted.



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WINTER RECIPES

In Partnership with:

Nebraska Extension

Buy Fresh Buy Local Nebraska

Nebraska Local Foods Network

Nebraska Cooperative Development Center



Lemon Broccoli

Serves 4.

Ingredients:

- 2 broccoli heads
- 1 carrot
- 2 garlic cloves, minced
- 1 lemon
- 2 Tablespoons olive oil
- ¼ cup water

Directions:

1. Wash broccoli and carrots. Cut broccoli into small florets. Peel broccoli stems. Peel carrot. Slice broccoli stems and carrot into ½ inch pieces.
2. Remove 2 to 3 strips of lemon zest.
3. Heat olive oil a medium saucepan over low heat. Add garlic and lemon zest; cook for 2 to 3 minutes, until fragrant. Add broccoli, carrot and water. Cook until broccoli and carrots are tender, about 5 minutes.
4. Squeeze juice from the lemons. Add lemon juice to the broccoli. Stir to coat the vegetables. Add salt and pepper to taste.



Braised Cabbage

Serves 4.

Ingredients:

- 1 pound cabbage
- 2 Tablespoons water
- 2 Tablespoons butter

Directions:

1. If you are working with a whole cabbage, cut in half and cut one half in half. Two quarters should be enough for this recipe.
2. Remove the core. Slice cabbage cross-wise into ½ inch strips.
3. Wash cabbage, drain and set aside.
4. Preheat a large skillet. Add water and cabbage to skillet. Cover with a tight-fitting lid. Cook until cabbage starts to soften, about 5 minutes. Remove lid and continue to cook until all water has evaporated. Add butter. Stir to coat the cabbage.

Note: Leftover cabbage can be wrapped in plastic wrap. It will keep in the refrigerator for a couple of weeks.

Cabbage Facts:

Cabbage is one of the oldest vegetables and continues to be a dietary staple around the world.

There are at least one hundred different types of cabbage. The most common types grown in the US are green, red and savoy.



Parsnips

Parsnips are native to Europe and Asia and were introduced to North America in the 17th century. Parsnips have an ivory color and are a close relative of carrots. The availability of parsnips peaks after the first frost. Cooler temperatures converts starch to sugar.

They are almost always eaten cooked, but can be eaten raw. Choose smaller ones if eating raw. Parsnips are great in soups, stews, pot roasts or in recipes that use potatoes, carrots, or turnips.

Parsnips are generally coated in wax to seal in moisture and increase their shelf life. When purchasing parsnips, choose ones that are firm and about 6 to 8 inches in length. Store in a perforated plastic bag. Parsnips will keep in the refrigerator for up to 1 month.

Remove wax before consuming.



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