



HEALTHY to a "T"

November 2017

Harvest of the Month



Rutabaga

Fun Facts:

Rutabagas are root vegetables, and a relatively newcomer in the world of vegetables. They were virtually unknown in the U.S. until the early 1800s.

They are part white and part purple, with a creamy yellowish-orange flesh. They can be eaten raw or cooked but must be peeled before eaten. When roasted, they have a slight sweet flavor.

Rutabagas are loaded with many vital nutrients. They are high in antioxidant and anti-cancer compounds, and very high in vitamins C and A.



Eat smart during November and get Healthy For Good™ with Taher and the American Heart Association. The movement is designed to inspire all Americans to live healthier lives and create lasting change. Make small, simple changes today to create a difference for generations to come. The approach is simple: Eat smart • Add color • Move more • Be well.

Everyone desires to live a healthy life, but sometimes knowing where or how to start is overwhelming. If you are on your way to living a healthy life, motivation can become a hurdle. No matter where you are today, there are many resources you can reach for, including the AHA's Healthy For Good™ site, heart.org/HealthyForGood. This resource is bursting with tips, recipes, and life hacks everyday people can actually use.

Here are a few suggestions for taking your first step:

- ★ Eat healthy
- ★ Be more physically active
- ★ Get adequate sleep
- ★ Manage stress
- ★ Be mindful
- ★ Grow positive social connections
- ★ Take care of your mental health

I encourage you to start today with *one* small sustainable step.

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Reference: American Heart Association® Eat Smart Month

HARVEST OF THE MONTH RECIPE—NOVEMBER

Rutabaga Mash

Yield: 4 servings

2 lbs	Fresh Rutabaga
1 tsp	Granulated Sugar
1 Tbs	Butter
1/2 tsp	Kosher Salt
1/4 tsp	Black Pepper

NUTRITION SNAPSHOT ~ 1 serving

115 calories, 2.5g total fat, 2.7g protein, 6mg cholesterol, 21g carbohydrate, 240mg sodium, 7g sugar, 4g fiber

1. Scrub rutabaga well under cold water.
2. Slice off top and bottom. Peel with a paring knife or peeler.
3. Slice rutabaga in 1" thick slices, then cut into 1" cubes.
4. Fill a medium stock pot half full with cold water. Add the sugar, butter, salt, and pepper; stir well. Add rutabagas.
5. Place stock pot on stove over medium high heat, and bring water to a boil.
6. When it reaches a boil, reduce heat and simmer for 30-45 minutes, until fork tender. Remove from heat, drain liquid.
7. Mash with potato masher; serve warm.

