



Rutabaga Hash Browns with Mushrooms, Celery and Onions

Adapted from *Roots, the Definitive Compendium*, by Diane Morgan

Makes about 5 cups

- 1 tablespoon coconut oil
- 2 pounds rutabagas, peeled and cut into ½-inch pieces, about 5 cups
- 1 large onion, cut into ½-inch pieces, about 1 cup
- 8–12 thinly-sliced white button mushrooms
- 2 stalks celery, thinly sliced OR 1 small bulb fennel, thinly sliced
- 2 Anaheim or other green chilies, seeded, stemmed and cut into ½-inch pieces
- 2 tablespoon fresh parsley, minced
- Salt and pepper to taste



Directions

Heat oil on medium-high heat in a heavy skillet (preferably cast iron.) Add mushrooms and a pinch of salt and pepper. Cook for about 3 minutes, until the mushrooms are nicely seared and browned on one side. Stir and cook another two minutes. Add the onions and rutabagas, plus another pinch of salt and black pepper. Sauté the vegetables on medium high heat while stirring constantly, for 2–3 minutes. Turn the heat down to medium, cover, and cook until the rutabagas are almost tender and beginning to brown (7–10 minutes.) Remove lid and add celery and the green chilies and cook until the rutabagas are tender. Toss in the parsley, a little more salt and pepper, and serve with a side of your favorite hot sauce.

**For more healthy recipes,
please visit *Your Healthy Kitchen*
via www.yrmhealthconnect.org**

NUTRITION INFORMATION PER 1 CUP SERVING:

Calories	110
Total Fat	3 g
Saturated Fat	2.5 g
Sodium	180 mg
Total Carbohydrate	21 g
Fiber	6 g
Protein	3 g
Potassium	727 mg

Also a great source of calcium, Vitamin C, folate, and healthy phytochemicals

Cost per serving: \$1.37