



# INSTITUTE FOR PEAK HEALTH

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## Buttered Rutabaga

Recipe by Alex Guarnaschelli, adapted by Catheryn Eichman

### Ingredients:

- 2 medium rutabagas, peeled and cut into 1-inch cubes
- ½ cup light or full-fat coconut milk or almond milk
- Salt and pepper, to taste
- 2 tbsp ghee
- 1 tsp molasses (optional)
- 1 tsp ground ginger
- ½ tsp ground allspice
- ½ tsp pepper

### Instructions:

1. In a large saucepan, arrange the rutabaga cubes in a single layer and add water just enough to cover. Season with 2 tbsp of salt and bring to a simmer over medium heat. Lower heat and let cook until the pieces are completely tender when pierced, about 20-25 minutes. Drain any remaining liquid from the rutabagas.
2. Meanwhile, add coconut milk, ghee, molasses, ginger, allspice, and pepper to a small saucepan and gently warm over low heat.
3. Add the rutabagas back to the pot or to a separate bowl and mash. You may also use a food mill, if you have one. Once mashed, pour coconut milk mixture on top and stir to combine. Do not overmix. Taste for seasoning and then serve hot.