Blue Zones Project®

# Rutabaga Gratin

From the kitchen of:
Blue Zones Project®

Instant Pot Recipe by:
Full of Plants

## Ingredients:

3 rutabaga, 2.6lbs
(peeled and diced)
3/4 c raw cashews
(soaked overnight)
1 c water
1 tsp onion powder
1/4 c blackstrap molasses
1/2 tsp ground ginger
1/4 tsp nutmeg
1/4 tsp cinnamon
1/4 tsp white pepper
1/3 c breadcrumbs
1/3 c breadcrumbs

Brought to Hawaii by **HMSA**

## Directions:

1. Place rutabaga in pot liner and cover with water. Close the lid and pressure cook for 9 minutes. Let pressure release naturally before opening the lid. In the meantime, prepare the cashew cream. Drain the soaked cashews & add them to a blender. Add the cup of water and onion powder and blend on high speed until smooth, about 1 minute. Set aside.
2. Once cooked, drain the rutabaga and transfer to a food processor. Process for 5-7 seconds or until has a slightly chunky texture. Transfer the mashed rutabaga to a large mixing bowl. Add the molasses, cashew cream, and spices. Using a spatula and mix to combine.
3. Preheat oven to 325 degrees. Transfer rutabaga mixture to a baking dish & smooth the top using a spatula. Sprinkle breadcrumbs evenly on top. Bake for 1 hour until top is golden brown.
4. Let cool a few minutes before serving.

**Find more recipes at hawaii.bluezonesproject.com** bzphawaii bzphawaii