

What's Fresh:

# Turnips



## They're naturally good!

- ◆ High in vitamins C, K & A
- ◆ Provide dietary fiber, calcium & iron
- ◆ 1 cup = 1 serving of veggies

## Storage Tips:

Store in a plastic bag in the refrigerator.  
Use within 2 weeks.

## Preparation Tips:

- ◆ Wash before using: scrub turnips under running water. Pat dry.
- ◆ Use a peeler or paring knife to remove the skins and reveal the light-colored flesh.
- ◆ Chop off each end of the turnips and cut in half. Place the turnip cut-side down on your cutting board. Cut into planks. Cut planks into slices, then slices into cubes.
- ◆ For even cooking, cut turnips into equally-sized pieces.
- ◆ Turnips are cooked when you can just pierce them with a fork.

## Ways to eat turnips:

- ◆ **Eat them raw.** Cut turnips into sticks and serve with hummus or low-fat ranch.
- ◆ **Add them to soups & stews.** Use chopped turnips in place of potatoes!
- ◆ **Add to mashed potatoes.** Bring a pot of salted water to a boil. Add 2 chopped turnips and 2 chopped potatoes; cover and reduce heat. Simmer for 20 minutes, or until soft enough to mash. Drain & place in a bowl. Add 3 tablespoons of butter or oil; add salt & pepper to taste. Mash with a fork or potato masher. Add a dash of milk or cream for a smoother mash.
- ◆ **Roast them.** Preheat the oven to 425°F. Rinse, peel & chop turnips into evenly sized 1/2-inch cubes. In a bowl, toss chopped turnips with enough oil to coat. Add salt and pepper to taste. Spread onto a baking sheet in a single layer. Roast, turning halfway through, until turnips are tender and slightly browned, about 30-40 minutes. For extra flavor, add minced garlic or garlic powder, paprika or dried herbs before roasting.



- ◆ **Microwave them.** Rinse, peel & chop turnips. Place in a microwave-safe dish with a 1/2 inch of water. Microwave on high for 6-9 minutes, or until easily pierced with a fork. Season with salt, pepper and your favorite herbs or spices.
- ◆ **Boil them.** Bring a pot of salted water to a boil. Add peeled & chopped rutabaga, cover and reduce heat. Simmer for 30-40 minutes or until tender. Season to taste with salt and pepper.

See more recipes on the back 

