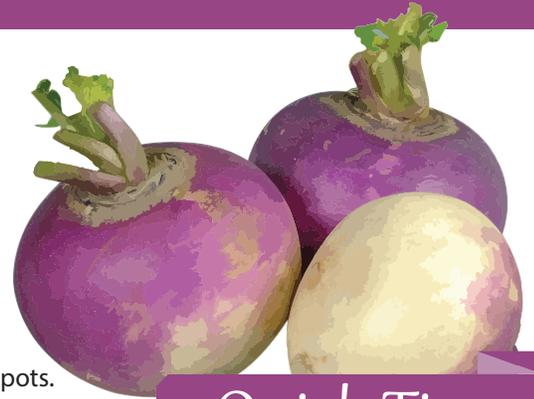


Turnips



Key Points

- ▶ Good source of vitamin C.
- ▶ Select pearly, heavy turnips with fresh leaves (if still attached) and without soft spots. Small to medium turnips are sweetest.
- ▶ Wash hands with warm water and soap for at least 20 seconds before and after handling fresh fruits and vegetables.
- ▶ Store turnips in the refrigerator in a perforated plastic bag for only a few days because they get bitter with prolonged storage.

Roasted Root Vegetables

Number of servings: 6

Ingredients:

Nonstick cooking spray
1 potato, cubed in 1-inch pieces
1 turnip, cubed in 1-inch pieces
1 sweet potato, cubed in 1-inch pieces
1 rutabaga, cubed in 1-inch pieces
2 carrots, cubed in 1-inch pieces
1 onion, coarsely chopped
1 tablespoon canola oil
1 teaspoon dried rosemary
1 teaspoon garlic powder
1 teaspoon dried sage
3 tablespoons Parmesan cheese

Directions:

- ▶ Heat oven to 350°F. Spray a baking sheet with nonstick spray.
- ▶ Rinse potatoes, turnip, rutabaga, and carrots, leaving skins on, and cube. As vegetables are cubed, add them to a large plastic food storage bag.
- ▶ Add chopped onion, oil, and seasonings to plastic bag.
- ▶ Seal plastic bag and shake well to distribute seasonings.
- ▶ Spread contents of bag in an even layer on baking sheet.
- ▶ Bake at 350°F for 1 hour or until tender. Sprinkle with Parmesan cheese before serving.

Per serving: 104 calories; 3 g fat (trace saturated fat); 3 g protein; 17 g carbohydrate; 3 g dietary fiber; 2 mg cholesterol; 78 mg sodium.

Turnips and Potatoes

Number of servings: 8

Ingredients:

2 vegetable bouillon cubes
2 cups water
6 turnips, peeled and cubed
1 cup onion, minced
4 cloves garlic, minced
3 tablespoons low-fat sour cream
Salt to taste
Ground black pepper to taste
4 ounces low-fat cheddar cheese, shredded
1 teaspoon dried parsley (optional)

Per serving: 68 calories; 2 g fat (1 g saturated fat); 5 g protein; 9 g carbohydrate; 2 g dietary fiber; 4 mg cholesterol; 316 mg sodium.

Directions:

- ▶ In a saucepan over high heat, add the vegetable bouillon cubes and water, and bring to a boil. Cook until the bouillon cube dissolves, about 1 minute.
- ▶ Stir in the turnips, onion, and garlic, return to a boil, and cook the mixture until the turnips are tender, about 10 minutes.
- ▶ Reduce the heat to a simmer, and cook until most of the liquid has evaporated, about 10-15 more minutes.
- ▶ Lightly stir in the sour cream to coat the turnips. Sprinkle with salt and pepper to taste, and top with shredded Cheddar cheese and parsley, if desired.

Quick Tips

- ▶ Use turnips any way you would use a potato. Try them baked or boiled in stews, soups, and stir-fries or lightly steamed.
- ▶ Remember that you may need to offer your child a new food 8-12 times before he or she is willing to try it, let alone like it.
- ▶ Clean turnips by rinsing under running tap water while rubbing with your hands or scrubbing with a clean brush.
- ▶ Enjoy shredded turnip instead of cabbage in your next batch of homemade coleslaw.

The U.S. Department of Agriculture (USDA) is an equal opportunity provider and employer. This material is partially funded by USDA's Supplemental Nutrition Assistance Program - SNAP which provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more, contact your county or city Department of Social Services or to locate your county office call toll-free: 1-800-552-3431 (M-F 8:15-5:00, except holidays). By calling your local DSS office, you can get other useful information about services. This material was partially funded by the Expanded Food Nutrition Education Program, USDA, NIFA.

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