



WHAT'S IN YOUR BAG?

TURNIPS

Turnips are tasty root vegetables that add heartiness to your meals. They have a mild flavor and potato-like texture when cooked, making them great for side dishes, soups, stews, and casseroles. Turnips can be roasted, boiled, steamed, pureed, mashed, or eaten raw in salads or with coleslaw. While the root is most popular, turnip greens can be eaten too.

Roasted Carrots and Turnips

Recipe by Cooking Light

Ingredients:

- 2 ounces baby carrots
- 4 ounces baby turnips, halved (or peeled turnip cut into wedges)
- 2 fresh sage sprigs
- 2 tablespoons olive oil
- 1/4 teaspoon salt
- 1/4 teaspoon black pepper



How to Make it:

1. Preheat oven to 400°.
2. Place carrots, turnips, and sage on a large piece of foil; drizzle with oil. Sprinkle with salt and pepper. Note: You can use any herbs that you like.
3. Fold foil over vegetables. Place foil packet on a large piece of foil; wrap tightly. Place packet on floor of oven.
4. Bake at 400° for 25 minutes, turning every 10 minutes.

Great Source of:

Vitamin C- a great immune booster

Fiber- helps lower cholesterol and keep you full longer.

How to Store:

Store unwashed turnips separated from their greens in a plastic bag in the refrigerator for 1 to 2 weeks. Store turnip greens in a damp paper towel for 2-3 days.

Nutrition Facts:

1 medium Turnip

Calories 35

Protein 1g

Fat 0g

Cholesterol 0g

Sodium 80mg

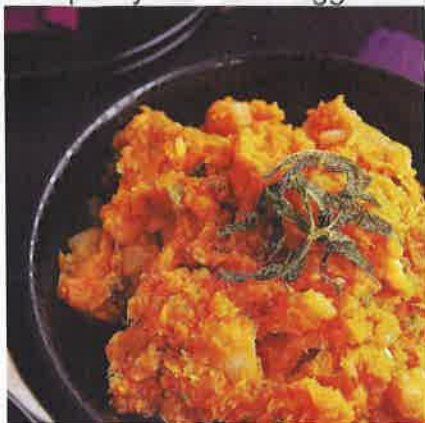
Carbohydrate 8g

Fiber 2g

Poverello

Mashed Sweet Potatoes and Turnips

Recipe by FruitandVeggiesMoreMatters.org. Serves 4.



Ingredients:

- 1 medium sweet potato, peeled and cut into 2-inch pieces
- 1 medium turnip
- 1 tablespoon canola oil
- 1/2 cup diced onion
- 1/4 cup finely diced Italian parsley
- Salt and pepper to taste
- 1/4 cup shredded reduced fat Swiss or Gruyere cheese

How to Make it:

1. In large pot, place steamer filled with potatoes and turnips.
2. Add 2 cups water, cover and bring to a boil. Steam until tender, about 15 minutes
3. In a small skillet, sauté onion and parsley over medium heat in oil for 5 minutes.
4. In a large bowl, place tender potatoes and turnips and mash with a large fork
5. Stir in onion, parsley and oil from pan. Season mixture to taste with salt and pepper.
6. Lightly coat baking dish with oil spray and add potato mixture, pressing down evenly.
7. Top with cheese and broil (oven at 500°) for 2-3 minutes or until cheese is bubbly and lightly browned

Sautéed Turnips with Rosemary

Recipe by Vitacost.com

Ingredients:

- 4 turnips, cubed
- 1/3 cup extra virgin olive oil
- Freshly ground pepper, to taste
- 2 Tablespoon rosemary (or herb of choice)
- Freshly squeezed juice of 1 lemon or lime
(or 1/2 of each)



How to Make it:

1. Generously coat the turnip cubes in olive oil, lemon and/or lime juice and season with pepper & rosemary.
2. Sauté over low heat, turning until toasty golden color, approximately 15-20 minutes.
3. Sprinkle or garnish with fresh parsley.

Poverello RD Note: Add chopped turnip greens or spinach to this sauté for a nutrition power punch!