

Turnips

Key Points

- For the best buy, choose firm heavy turnips with smooth skins and no bruises. If the leaves are attached, they should not be wilted.
- To prepare turnips, remove green tops. Scrub well. Turnips can be eaten raw or cooked.
- To keep fresh, store unwashed turnips in the refrigerator for up to 2 weeks. Store turnip greens wrapped in a damp paper towel for 2-3 days.
- Turnips contain vitamin C, which is good for fighting colds and healing cuts.



Cheesy Turnips

Ingredients:

1 cup chicken broth
3 cups cubed turnips
1/4 cup chopped onion
2 garlic cloves, minced
2 tablespoons low fat sour cream
Salt and pepper to taste
1/2 cup low fat shredded cheddar cheese

Directions:

1. In a medium pot, place the chicken broth, turnips, onion and garlic.
2. Bring to a boil over medium high heat. Cook until the turnips are tender, about 10 minutes.
3. Reduce the heat to medium and cook until most of the liquid is gone, about 10-15 minutes more.
4. Stir in the sour cream. Add salt and pepper to taste. Top with the cheese. Enjoy!
5. Refrigerate leftovers.

Makes 4 servings.

Carrots and Turnips

Ingredients:

1 tablespoon soft tub margarine
2 cups cubed turnips
3 carrots, sliced
1 teaspoon brown sugar
Salt and pepper to taste

Directions:

1. In a large frying pan, melt the margarine over medium heat.
2. Add the turnips and carrots to the pan. Stir and arrange in a single layer. Cook 4 minutes.
3. Stir and arrange in a single layer again. Cook for 4 minutes without stirring.
4. Add 2/3 cup water, the sugar and salt and pepper. Stir. Cover the pan.
5. Cook until the vegetables are tender, about 10 minutes.
6. Uncover the pan and cook for 1-2 minutes, stirring often until the liquid almost gone. Enjoy!
7. Refrigerate leftovers.

Makes 4 servings.

Quick Tips

- Turnips can be boiled, baked steamed or roasted.
- Chop turnips and add to soups and stews. Or mash turnips and add to mashed potatoes.
- A pound of turnips is 4-6 small turnips. A pound of turnips makes about 4 cups raw chopped turnips.
- Remember to rinse all fruits and vegetables before using.

The Nutrition Facts Label—What does it tell us?

Recipe name: Carrots and Turnips

Nutrition Facts	
Serving Size: 1/4 of recipe (155g)	
Servings Per Recipe: 4	
Amount/Serving	
Calories 60	Calories from Fat 20
% Daily Value*	
Total Fat 2.5g	4%
Saturated Fat 0.5g	4%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 140mg	6%
Total Carbohydrate 9g	3%
Dietary Fiber 2g	10%
Sugars 5g	
Protein 1g	
Vitamin A 160%	Vitamin C 25%
Calcium 4%	Iron 2%

*Percent (%) Daily Values are based on a 2,000 calorie diet.

1. Start with Serving Size.

2. Check Calories.

3. Limit these:

- Total Fat
- Saturated Fat
- Trans Fat
- Cholesterol
- Sodium

4. Get enough of these:

- Fiber
- Vitamin A
- Vitamin C
- Calcium
- Iron

Percent (%) Daily Value:
5% or less is LOW
20% or more is HIGH

The Nutrition Facts Label—What does it tell us?

Recipe name: Cheesy Turnips

Nutrition Facts	
Serving Size: 1/4 of recipe (158g)	
Servings Per Recipe: 4	
Amount/Serving	
Calories 90	Calories from Fat 35
% Daily Value*	
Total Fat 4g	6%
Saturated Fat 2.5g	12%
Trans Fat 0g	
Cholesterol 15mg	5%
Sodium 350mg	14%
Total Carbohydrate 9g	3%
Dietary Fiber 2g	8%
Sugars 5g	
Protein 5g	
Vitamin A 4%	Vitamin C 35%
Calcium 25%	Iron 2%

*Percent (%) Daily Values are based on a 2,000 calorie diet.

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