**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.

**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.