

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.



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.

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.

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