



Turnip



Why eat turnips:

- Excellent source of vitamin C which helps to boost the immune system and fight inflammation.

How to store and when to throw away:

- Remove greens before storage. Keep in a plastic bag in a cool, dark place such as the refrigerator crisper.
- Throw out when turnips become soft or molding is present.

Preparing Turnips

- Scrub turnips under cool water to remove any dirt.
- Remove tops and stems.
- Larger turnips should be peeled prior to cooking. Baby turnips do not require peeling.
- When boiling, baking, or sautéing, cut into evenly sized cubes.
- When adding to a salad, cut into match sticks.

Boil:

Place pieces in a large pot and cover with water. Boil until tender. Check for doneness by poking with a fork. Drain the water from the cooked turnip cubes. Turnips can be seasoned and served as cubes or mashed into a puree.

Bake:

Toss cubed turnips with a little canola oil and season with spices such as garlic, thyme, oregano, and black pepper or seasoning you have on hand. Place turnips on a baking sheet. Bake at 400°F for 35-40 minutes or until tender and slightly browned.

Sauté:

Heat 1 tablespoon of oil in skillet. Add cubed turnips. Cook 10-15 minutes, stirring occasionally, until tender and crisp. Season with spices such as rosemary and thyme. Try adding other vegetables when sautéing such as onions or parsnips.

Quick Tips:

- Turnips work great as a substitute for potatoes, mashed or roasted.
- Don't forget to use the greens as you would collards and mustard greens.
- Use them raw, sliced on salads to add a spicy crunch and color.

Nutrition Facts	
Serving Size 1 cup, cubes 130g (130 g)	
Servings per container 1	
Amount Per Serving	
Calories 36	Calories from Fat 1
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat	
Cholesterol 0mg	0%
Sodium 87mg	4%
Total Carbohydrate 8g	3%
Dietary Fiber 2g	9%
Sugars 5g	
Protein 1g	
Vitamin A 0%	Vitamin C 46%
Calcium 4%	Iron 2%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories 2,000 2,500
Total Fat	Less than 65g 80g
Sat Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Fiber	25g 30g
Calories per gram:	
Fat 9	Carbohydrate 4 Protein 4
©www.NutritionData.com	

Turnip & Apple Salad with Cider Vinaigrette

Ingredients:

Vinaigrette

- 1/3 cup apple cider
- 2 tablespoons cider vinegar
- 1 teaspoon mustard
- 1/2 teaspoon each, salt, pepper, cinnamon, and nutmeg
- 1/4 cup canola oil

Salad

- 1 cup peeled and grated turnips (2 medium)
- 1 cup peeled and grated tart apple (1 large)
- 3 tablespoons fresh lemon juice
- 1 tablespoon vegetable oil
- Salt and pepper
- 1 head of lettuce
- Raisins and toasted pecans, optional

Directions:

1. In a small bowl whisk together cider, vinegar, mustard, spices, and oil. Let sit for an hour.
2. Toss the turnips, apples, parsley, lemon juice, and vegetable oil in a large bowl. Season with salt and pepper. Cover and refrigerate for one hour.
3. Wash lettuce and place in a large bowl. Top with turnip and apple slaw, raisins, nuts, and lightly dress with the cider vinaigrette.

Buying Guide:

- **Fresh** fruits and vegetables are most nutritious and cheapest when they are *in season*. Find them at a farmers market or in the front of the produce section at the grocery store.
- **Frozen** fruits and vegetables, *without added sauces or syrups*, are available year round, ready to use and easy to prepare. Find coupons or look in the store advertisement to get the best deal.
- **Canned** fruits and vegetables are best when canned in *100% juice or no-salt-added*. Make sure to drain and rinse them to get rid of added sugar or sodium.

How much should I eat?

The recommendation is to eat 2 1/2 cups of vegetables and 2 cups of fruit per day. One cup of fruit or vegetables looks like a baseball and a half of a cup is the size of a light bulb.

Daily servings:

VEGETABLES 2 1/2 cups



FRUITS 2 cups

