

Turnips Turnips can vary in flavor—from sweetly spicy to slightly bitter. Roasting brings out their sweetness. They are easy to cook and also great raw in salads.



To store: cut off greens, if they come attached, and refrigerate turnips, unwashed, in a plastic bag. **Keep the greens!** They can be cooked like spinach or Swiss chard. Use within a few days of purchase as they go bad quickly.

Preparation: wash well. Many of the nutrients in turnips are found close to the skin, so keep peels whenever possible.

Serve RAW sliced thinly in salads or in matchsticks as part of a veggie and dip tray.

To ROAST, cut in 1/4-inch to 1/2-inch cubes. Toss with canola oil, salt, pepper and roast in 375° oven for about 20 minutes or until soft.



MICROWAVE cubes in 1/2-inch of water in covered container for about 7 minutes or until soft. Let sit 3-5 minutes before serving.

BOIL cubes in lightly salted water for 6-8 minutes or until soft.

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Pan-Roasted Turnips & Sweet Potatoes

- 1 1/2 pounds **turnips**, cut to 3/4-inch cubes (about 6-9 turnips)
- 1/2 pound **sweet potatoes**, peeled and cut to 1/2-inch cubes (about 1 potato)
- 3 Tbl **unsalted butter**
- 1 cup **apple cider**
- 1/2 tsp **salt** (less if using salted butter)
- **black pepper** to taste
- 1/4 tsp **allspice**

- 1) Heat large skillet. Add butter, black pepper, and allspice.
- 2) When butter has melted, add turnips and sweet potatoes in a single layer. Cook without stirring for about 4-5 minutes or until lightly browned.
- 3) Stir and continue to cook, stirring regularly, for about 4 more minutes, or until vegetables are browned on all sides.
- 4) Add apple cider and salt; bring to a boil.
- 5) Reduce heat and let simmer for about 12 minutes or until vegetables are tender and cider has reduced to almost nothing.



Serves 6

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Nutrition Facts

Serving Size About 3/4 cup
Servings Per Container 6

Amount Per Serving

Calories 140 Calories from Fat 50

% Daily Value*

Total Fat 6g **9%**

Saturated Fat 3.5g **18%**

Trans Fat 0g

Cholesterol 15mg **5%**

Sodium 300mg **13%**

Total Carbohydrate 20g **7%**

Dietary Fiber 3g **12%**

Sugars 10g

Protein 2g

Vitamin A 110% • Vitamin C 40%

Calcium 4% • Iron 4%

*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
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4