

Turnips

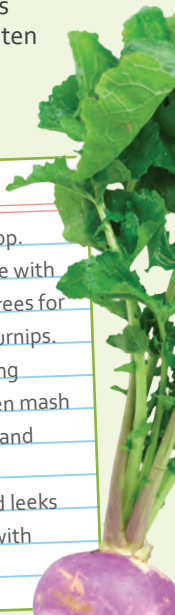
Selection - Choose turnips that feel heavy and have no soft spots. Small to medium turnips are sweetest.

Storage - Store in the refrigerator. Remove leaves before refrigerating. Leaves can be washed and eaten (stays fresh for up to 1 week).

Nutrition - Vitamin C in turnips supports healing of cuts and wounds.

3 EASY WAYS TO USE TURNIPS

- To bake turnips, wash and peel larger turnips and chop. Smaller, baby turnips do not need to be peeled. Drizzle with olive oil and place on a baking sheet. Bake at 400 degrees for 35-45 minutes. Less cook time is needed for smaller turnips.
- To boil, add chopped turnips and potatoes into boiling water; cook until soft. Drain turnips and potatoes, then mash with 1/3 cup milk. Season with garlic powder and salt and pepper to taste.
- To make a soup, blend cooked turnips, potatoes and leeks (or onions) with chicken or vegetable broth. Season with garlic, thyme, salt and pepper to taste.



Root Vegetable Hash with Eggs

Makes 2-4 Servings

Ingredients

- ☐ 1/2 cup onion, diced
- ☐ 1 cup potato, diced
- ☐ 1 cup turnip, diced
- ☐ 1 cup carrot, diced
- ☐ 1 tablespoon olive oil
- ☐ 1/4 cup water
- ☐ 1 teaspoon garlic powder
- ☐ 1 tablespoon Italian seasoning
- ☐ Pepper, to taste
- ☐ 4 eggs

Directions

1. Heat a pan over medium heat. Add olive oil and onion. Cook for about 3 minutes.
2. Add in diced potato, turnip and carrots. Season with garlic powder and Italian seasoning. Cook for 5 more minutes, stirring occasionally.
3. Add water and cover pan with a lid.
4. Turn heat to low and cook 8-10 minutes. Take the lid off and cook 5 more minutes.
5. Crack eggs on top of vegetable mixture and cook for about 5-8 more minutes until eggs are cooked.

Recipe from: Feeding Pennsylvania

