

## WHAT'S FRESH

# Turnips

Turnips may not look like it, but they are actually part of the cabbage family. They have a very mild cabbage flavor that softens to a sweet flavor when cooked. They're also a great source of fiber, Vitamin C and potassium.

### How to cut turnips:

Rinse turnips under running water to remove any dirt. If your turnips have greens, cut them off at the base and keep! Remember, the thinner the slice, the smaller the dice!



#### 1. Peel [Optional]

Use a vegetable peeler to remove the thin outer skin and reveal the light colored flesh. Only need to peel if eating raw.



#### 3. Grate

Place a box grater on a cutting board or in a bowl. Take one half of the turnip and hold at an angle to the grater. Slide up and down. Be careful, don't hurt yourself.



#### 5. Sticks

Stack slices on top of each other. Cut stacks into sticks.



#### 2. Balance

Chop off top and bottom end of turnip. Cut in half top to bottom. This balances the turnip for safe cutting.



#### 4. Half Slices

Follow steps 1-2. With cut side down, cut into slices from top to bottom, as thin or thick as you like.



#### 6. Dice or cube

Line up sticks and cut into squares.

### Quick Tips:

- Store the turnips greens in the fridge for about a week.
- Look for smaller turnips that feel very firm.
- You only need to peel a turnip if you are eating it raw.

### Ways to eat turnips:

**Eat raw:** Add thinly sliced or grated to a green, potato, or egg salad or cut into sticks and eat with hummus or low-fat ranch dip.

**Roast:** Rinse and chop turnips into evenly sized cubes. Toss in a bowl with enough oil to coat. Add salt and pepper to taste. Spread onto a baking sheet in a single layer. Roast at 425°F, turning halfway through, until turnips are tender and slightly browned, about 30-40 minutes. For extra flavor, add minced garlic or garlic powder, paprika or dried herbs before roasting. Mix with other root vegetables for variety.

**Mash:** Turnips mashed with potatoes make a lighter version of this comfort food dish. Bring a pot of lightly salted water to a boil. Add 2 chopped turnips and 2 chopped potatoes; cover and reduce heat. Simmer for 15-20 minutes, or until soft enough to mash. Drain, then mash in a bowl with a fork or potato masher. Stir in 3 tablespoons each of butter & milk. Add more milk for a thinner mash.

**Boil:** Bring a pot of lightly salted water to a boil. Add peeled & chopped turnips, cover and reduce heat. Simmer for 15-20 minutes or until tender. Season to taste with salt and pepper.

**Don't throw away the greens! Chop and add to salad greens, soups, or stir-fry.**



## Root Vegetable Hash with Eggs

SERVES  
4

### Directions:

1. (If using diced vegetables) Fill a large pot with water and a little salt bring to a boil. Add root vegetable pieces and cook for 3-4 minutes; remove to a bowl with a slotted spoon, pour off any excess water, and set aside. This is called parboiling to cut down on skillet time. To omit this step, grate instead of dice root vegetables.
2. Heat oil in a large skillet over medium-high heat. When hot, add vegetables and a pinch each of salt and pepper. Turning vegetables only once or twice, cook 8 minutes or until golden-brown. Turn down heat to medium and toss in garlic, cooking for about a minute. Divide hash onto serving plates.
3. In the same pan over medium heat, cook the eggs. **[For over-easy eggs]**, cook uncovered just until the whites are set and flip, cooking for only a minute on the other side, remove from heat; **[For over-medium eggs]**, 2 minutes after flipping, remove from heat; **[For over-hard eggs]**, cook for 3 minutes after flipping. **[For scrambled eggs]**, crack eggs into a bowl and mix with a little salt and pepper and a little milk. Add to a hot oiled pan and cook until no longer runny, folding eggs over each other.
4. Add eggs over hash on serving plate. Top with minced parsley and salt and pepper to taste. Serve immediately.

**Optional:** Add some extra flavor or spice by adding jalapeños, a few dashes of hot sauce or a little shredded cheese on top.

## Ingredients

**Root Vegetables** - 3 cups, trimmed, peeled, and diced

**Oil** - 2-4 tablespoons [olive, vegetable, canola]

**Garlic** - 2 cloves [or 1 teaspoon garlic powder]

**Eggs** - 4

**Salt** - 1/2 teaspoon

**Black Pepper** - 1/2 - 1 teaspoon

**Parsley** - 1 tablespoon [or 1/2 tablespoon dried parsley]

## Tips

- Try mixing different types of root vegetables, like turnips, potatoes, radishes, carrots, parsnips, rutabaga, beets or sweet potatoes.
- Eggs aren't only for breakfast! Try serving this for an easy weeknight dinner.
- Serve as a dinner side dish by skipping the eggs and serve alongside some grilled chicken with lemon for a balance of flavors.
- Cold hash is delicious on top of a crisp, green salad.