



# Turnips

## WHAT'S IN IT FOR YOU?

- Vitamin C to help you stay well and to help heal cuts
- Calcium to help build healthy bones and teeth

## SERVING IDEAS

- Boil turnips until tender but not mushy. Drain and mash turnips with butter, salt, and a little sugar.
- Grate raw, peeled turnips and apples together in a bowl. Add oil and vinegar and chill in the refrigerator for a light salad.
- Peel and cut raw turnips into strips. Serve with ranch dressing, or lemon and chili powder, as a quick and healthy snack.

## STORAGE

- Store turnips in the refrigerator for up to 1 week.
- Rinse turnips under cold water and peel them before cooking them.

## GLAZED TURNIPS

Makes 6, ½ Cup Servings

### Ingredients:

2 tablespoons butter

¼ cup packed brown sugar

1 tablespoon water

3 cups cooked turnips

Optional: 1 teaspoon cinnamon



### Instructions:

1. Blend butter, sugar, cinnamon (if using), and water in a heavy fry pan over low heat.
2. Cut turnips into chunks.
3. Add turnips to the pan.
4. Stir turnips gently until the syrup is thick and the turnips are well coated.
5. Keep heat low and stir often to prevent burning.

SOURCE: University of Kentucky Ag Cooperative Extension, Daviess County



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