

TURNIPS



HOW DO THEY TASTE?

Turnips have an earthy and slightly bitter taste. Raw turnips are crisp with a peppery, radish-like flavor. When cooked, turnips become softer and develop a sweeter taste.

HOW DO I PICK THEM?

Look for medium-sized turnips that feel heavy for their size and are smooth, without any dents or bruising. If the greens are attached, select those that are vibrant and fresh-looking.

HOW DO I STORE THEM?

Remove the greens and any traces of soil. Place the turnips in a container and cover them with a moist cloth or paper towel. Store them in the refrigerator for up to 4 to 5 months.

HOW DO I PREPARE THEM?

1. Remove the leafy greens from the turnips.
2. Rinse the turnips under cold water and use a vegetable brush to gently scrub the turnips to remove dirt or rough patches.
3. Trim off the ends of the turnips.
4. Cut the turnips into desired shapes and sizes as the recipe calls for.

Turnips can be **roasted, sautéed, boiled, mashed**, added to stews, soups, and stir-fries, or salads.

Oven-Roasted Vegetables

Makes 8 servings, ½ cup each

Ingredients

- 1 small butternut squash
- 1 large onion
- 1 carrot
- 1 turnip
- 1 large potato or sweet potato
- 4 cloves garlic
- 2 tablespoons olive oil
- 2 tablespoons lemon juice
- 1 teaspoon dried thyme
- 2 teaspoons dried rosemary
- ½ teaspoon salt
- Black pepper to taste

Directions

1. Preheat oven to 400°F.
2. Rinse or scrub all vegetables. Peel squash and remove seeds.
3. Cut all vegetables (except garlic) into bite-size cubes. Keep garlic cloves whole.
4. In a large bowl, combine olive oil, lemon, thyme, rosemary, salt, and pepper. Add vegetables and mix well. Spread in a large roasting pan.
5. Bake at 400°F for 40-50 minutes, stirring every 15 minutes, until slightly browned.

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RECIPE TIP!

Use any mix of hearty root vegetables in this recipe.