

TURNIPS



STORAGE

Remove green tops and keep the turnips in a plastic bag in the refrigerator for up to 1 week. You can also store and eat the green tops.

HELPS SUPPORT

Immune system and digestion.

HOW TO USE

Eat turnips like you would a potato—baked, roasted, or mashed. Mix them in a favorite coleslaw recipe. Add to soup or stews. Make baked turnip chips or turnip fries.

COLORS

Purple, white.

TURNIP FRITTATA

Serves: 4 | Prep time: 30 minutes

INGREDIENTS

- 2 cups turnips, peeled and shredded
- 2 medium onions, chopped
- ½ cup of low-fat cheddar cheese, shredded
- 6 eggs
- 1 tablespoon of oil
- Salt and pepper
- Optional: 1 tsp. dried thyme, dill or oregano
½ cup of another vegetable (broccoli, bell peppers, carrots, mushrooms)



Photo: Share our Strengths Cooking Matters

DIRECTIONS

1. Preheat the oven to 350°F.
2. In a pan, heat the oil on medium, then spread the turnips and onions (and other vegetable if you have it) across the bottom of the pan. Let them cook until the moisture is gone and they start to brown on the bottom.
3. In a bowl, whisk the eggs together, add herbs if you have them.
4. Put the cooked veggies in a layer along the bottom of a baking dish.
5. Pour the eggs over the veggie layer; sprinkle the cheese on top, then a pinch of salt and pepper.
6. Bake until the eggs are firm and the cheese is melted, about 10-20 minutes.

Adapted from Share our Strengths Cooking Matters