

TURNIPS

QUICK TIPS

- Turnips can be boiled, baked steamed or roasted.
- Chop turnips and add to soups and stews. Or mash turnips and add to mashed potatoes.
- A pound of turnips is 4-6 small turnips. A pound of turnips makes about 4 cups raw chopped turnips.

Remember to rinse all fruits and vegetables before using.

KEY POINTS

- For the best buy, choose firm heavy turnips with smooth skins and no bruises. If the leaves are attached, they should not be wilted.
- To prepare turnips, remove green tops. Scrub well. Turnips can be eaten raw or cooked.
- To keep fresh, store unwashed turnips in the refrigerator for up to 2 weeks. Store turnip greens wrapped in a damp paper towel for 2-3 days.
- Turnips contain vitamin C, which is good for fighting colds and healing cuts.

CARROTS & TURNIPS

INGREDIENTS:

- Tablespoon soft tub margarine
- Cups cubed turnips
- Carrots, sliced
- Teaspoon brown sugar
- Salt and pepper to taste

DIRECTIONS:

- In a large frying pan, melt the margarine over medium heat.
- Add the turnips and carrots to the pan. Stir and arrange in a single layer.
- Cook 4 minutes.
- Stir and arrange in a single layer again.
- Cook for 4 minutes without stirring.
- Add 2/3 cup water, the sugar and salt and pepper.
- Stir.
- Cover the pan.
- Cook until the vegetables are tender, about 10 minutes.
- Uncover the pan and cook for 1-2 minutes, stirring often until the liquid almost gone. Enjoy!
- Refrigerate leftovers.

