

Brought to you by the Eastern Highlands Health District through a grant from the CT Department of Public Health for obesity prevention.

# The produce of the week is...

## Turnip



You can find POW! info sheets on the EHHD website!

[www.ehhd.org](http://www.ehhd.org)

Look for

Produce of the Week

What vegetable is eaten for both its roots and greens?

### **TURNIPS!**

- ◆ Turnips come in all shapes, sizes and colors.
- ◆ Select smooth surfaced roots that are firm and heavy with some root hairs at the bottom.
- ◆ In general, the smaller the turnip, the sweeter the taste.
- ◆ To store, cut the greens and bag them separately from the root; place in the crisper section of the refrigerator for up to a week.

Source: [www.fruitsandveggiesmatter.gov](http://www.fruitsandveggiesmatter.gov)

### **Nutrition Facts:**

- Turnips are an excellent source of Vitamin C.
- They contain no fat or cholesterol and little sodium.
- A typical serving size is a 1/2 cup which contains about 15 calories.

### **Did you know ?**

- ◆ Turnips are available year round with a peak in the fall and winter months.
- ◆ Overcooking turnips will diminish their sweetness.
- ◆ Turnip greens are often compared to mustard greens.

## **Count it out!**

Keep track of the fruits and veggies that you eat each day by outlining a different color triangle every time you have a fruit or veggie. Try to eat a rainbow of colors and eat at least 5 servings of fruits or veggies each day.

Day 1



Day 2



Day 3



Day 4



Day 5



Day 6



Day 7





Eastern Highlands Health District

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# Try these delicious, nutritious and healthy recipes!

## Turnip Salad

### INGREDIENTS

- ◆ 4 turnips, peeled and chopped
- ◆ 1 bunch green onions, chopped
- ◆ 2 Granny Smith apples - peeled, cored and chopped
- ◆ 4 slices canned pineapple, chopped
- ◆ 1/4 cup white sugar
- ◆ 3 Tablespoons vegetable oil
- ◆ 1 tablespoon water
- ◆ 1 teaspoon salt
- ◆ 1/4 teaspoon ground black pepper

### DIRECTIONS

1. Bring a large pot of salted water to a boil. Add turnips and cook until tender but still firm, about 15 minutes. Drain, and cool.
2. In a large bowl, combine the turnips, green onions, apples, pineapple and sugar. Stir to evenly coat with the sugar.
3. Whisk together the oil, water, salt and pepper. Pour dressing over fruit and vegetables. Toss and refrigerate overnight.

## Turnip Fries

### INGREDIENTS

- ◆ 3 pounds turnips
- ◆ 1 tablespoon vegetable oil
- ◆ 1/3 cup grated Parmesan cheese
- ◆ 1 teaspoon garlic salt
- ◆ 1 teaspoon paprika
- ◆ 1 teaspoon onion powder



### DIRECTIONS

1. Preheat oven to 425 degrees F (220 degrees C). Line a baking sheet with a piece of aluminum foil and lightly grease.
2. Peel the turnips, and cut into French fry-sized sticks, about 1/3 by 4 inches. Place into a large bowl, and toss with the vegetable oil to coat. Place the Parmesan cheese, garlic salt, paprika, onion powder in a reseal-able plastic bag, and shake to mix. Place the oiled turnips into the bag, and shake until evenly coated with the spices. Spread out onto the prepared baking sheet.
3. Bake in preheated oven until the outside is crispy, and the inside is tender, about 20 minutes. Serve immediately.

Recipes modified from [morematters.org](http://morematters.org) & [allrecipes.com](http://allrecipes.com)

**Caution: Make sure to try all of these recipes under the supervision of an adult and be careful of food allergies! Happy and healthy cooking!**