



Turnip

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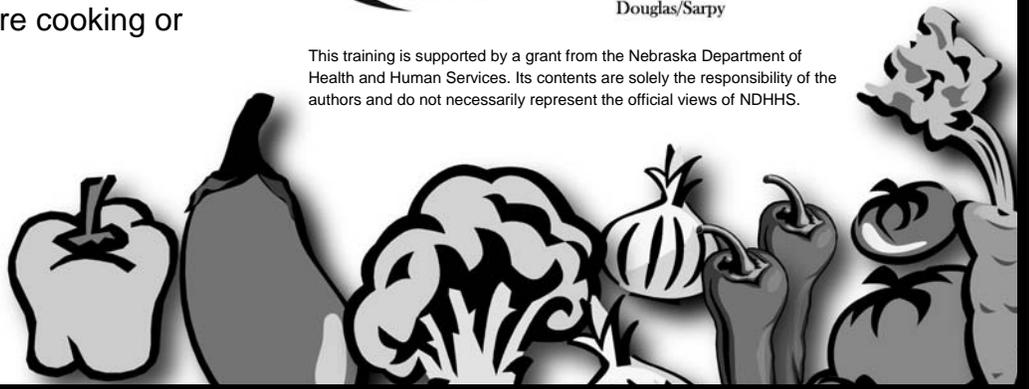
Store: Remove leaves and place unwashed turnips in a plastic bag and store in the refrigerator for up to two weeks or a cool, dry, dark place for up to 7 days.

Prepare: Trim the stem end and any hairy roots. Wash and peel right before cooking or eating. Can be eaten raw.

Serve: Peel and slice and serve raw. Can be boiled, microwaved, steamed, roasted or stir fried.



This training is supported by a grant from the Nebraska Department of Health and Human Services. Its contents are solely the responsibility of the authors and do not necessarily represent the official views of NDHHS.



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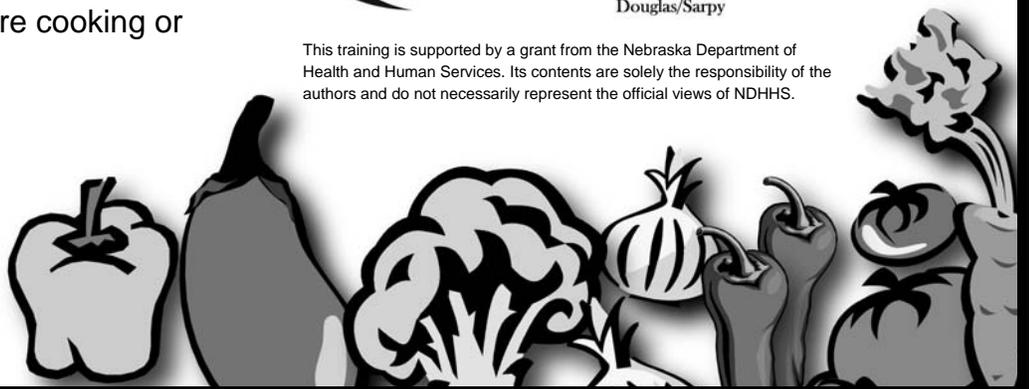
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Turnip Recipe

Southern Turnip Supreme

Ingredients:

1 cube vegetable bouillon
1 cup water
3 cups peeled, cubed turnips
¼ cup minced onion
2 cloves garlic, minced
Salt and black pepper to taste
1 ½ Tbsp sour cream
½ cup shredded sharp white Cheddar cheese
Chopped fresh parsley for garnish (optional)

Directions:

Place the vegetable bouillon cube into a saucepan with the water and bring to a boil over high heat.

Cook until the bouillon cube dissolves, about 1 minute. Stir in the turnips, onion and garlic, return to a boil, and cook the mixture until the turnips are tender, about 10 minutes. Reduce the heat to a simmer and cook until most of the liquid has been evaporated, 10 to 15 minutes more.

Lightly stir in the sour cream to coat the turnips. Sprinkle with salt and pepper, and top with shredded Cheddar cheese and parsley.

enjoy!



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