



January 2018 Newsletter

Turnip Facts

Happy New Year from Better Living for Texans! A new year means it is time to look at what's in season. Seasonal fruits and vegetables are cheaper to purchase at your grocers or farmer's market. These foods are also fresher, so they'll taste better.

If you're not aware, turnips are in season! If you're not familiar with the turnip, allow us to introduce you to this root vegetable.

Like all root vegetables, turnips are high in potassium which means they help our hearts to function by making it easier for the heart to pump blood through our bodies. Turnips are low in sodium, cholesterol and fat free, and are also a great source of vitamin C.

This tasty vegetable comes in a variety of shapes and colors, ranging from round to cylindrical in shape and rose-colored to black.

Selection

Select turnips that are heavy and have no soft spots. They should have a pearly appearance. Small and medium turnips will be sweeter than large turnips.

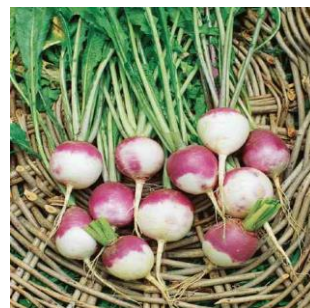
Preparing and storing Turnips

Before eating and/or storing turnips, follow a few basic steps:

- Rinse the turnip under running water and use a vegetable brush to remove all soil from the turnip.
- Turnips can be safely stored in a plastic bag for up to two weeks in the refrigerator and for up to 10 months in the freezer. However, remember that it is ideal to eat your turnips within a few days of putting them in the refrigerator since turnips get bitter with prolonged storage.

Enjoying Turnips

Turnips can be baked, boiled, steamed, roasted, or mashed. They can be eaten raw or shredded and added into coleslaw. No matter how you choose to enjoy them, add turnips to your menu!



This material was funded by USDA's Supplemental Nutrition Assistance Program -- SNAP. This institution is an equal opportunity provider.

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Local Events

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Recipes of the Month

(Source: adapted from the USDA Mixing Bowl)

Honey Glazed Turnips

Makes: 4 servings

Ingredients:

- 3 medium turnips (sliced or cubed)
- 2 tablespoons honey
- 2 tablespoons canola oil
- ¼ cup water
- ¼ teaspoon salt (to taste)
- ¼ teaspoon pepper (to taste)

Directions:

1. Peel turnips.
2. Dice or slice turnips into ½ inch pieces.
3. In a medium saucepan, combine the honey, canola oil, and water. Bring them to a boil.
4. Add the turnips, salt, and black pepper. Cover and bring to a boil.
5. Reduce to a simmer and cook for about 10 minutes.
6. Uncover and continue to cook until the turnips are golden and glazed (about 10 minute).



118 Calories, 7g Fat, 1g Protein, 1g Saturated Fat, 15g Carbohydrates, 2g Dietary Fiber, 62 mg Sodium

Creamed Turnips

Makes: 6 servings

Ingredients:

- 4 cups cubed turnips
- 2 tablespoons melted margarine
- ¼ cup all-purpose flour
- 1 ½ cups instant, nonfat dry milk (prepared)
- 1 cup reduced fat cheddar cheese (shredded)

Directions:

1. Boil the turnips in a large pot until they are soft (about 20 minutes) and drain well.
2. Combine the margarine and flour and stir until there are no lumps remaining.
3. Mix the flour mixture, milk, and cheese into the turnips, mashing them with a fork.



Note: Nutritional Information was not made available by the USDA

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