

TURNIP/RUTABAGA

Rutabagas and turnips are closely related root vegetables. A rutabaga is a larger denser variety that's yellow in color, while turnips are smaller and white in color with purple, red or green around the top.

lovin'
spoonfuls
a food rescue



RECIPE IDEAS

- SHEPHERD'S PIE
- SOUP
- MASHED
- ROASTED

BEST COOKING METHODS

- SAUTEED
- STEAMED
- BROILED
- ROASTED
- GRILLED

STORAGE

- WRAP TURNIPS/RUTABAGA LOOSELY IN PLASTIC AND STORE IN YOUR REFRIGERATOR'S CRISPER DRAWER.

NUTRITION

- HIGH IN: VITAMIN C. THE GREENS ARE HIGH IN VITAMINS A, C, AND K.
- GOOD SOURCE OF: VITAMIN B6 & FOLATE.

TIPS

- YOU CAN EAT TURNIP GREENS. STEAM THEM TO PRESERVE NUTRIENT CONTENT.
- TURNIPS AND RUTABAGAS SHOULD BE PEELED. USE A VEGETABLE PEELER FOR SMALLER ONES, AND A KNIFE FOR LARGER.
- USE TURNIPS OR RUTABAGAS IN PLACE OF POTATOES IN YOUR FAVORITE RECIPE.

QUICK SHEPHERD'S PIE

- 1 lb rutabaga/turnip (or both)
- ¼ cup low fat milk
- 2 tbs butter
- ½ tsp salt
- ½ tsp pepper
- 1 tbs olive oil
- 1 lb ground lamb or beef
- 1 medium onion, finely chopped
- 2 cups chopped carrot
- 3 tbs oregano
- 3 tbs flour
- 14 ounces chicken broth (reduced sodium if available)
- 1 cup corn (can be frozen, thaw first)



Turnip



Rutabaga

CHOP RUTABAGA/TURNIP INTO 1 INCH CUBES. STEAM FOR 8-10 MINUTES, OR UNTIL TENDER. MASH WITH BUTTER, MILK, AND SALT AND PEPPER.

MEANWHILE, HEAT OIL IN A SKILLET OVER MEDIUM-HIGH HEAT. ADD LAMB OR BEEF, ONIONS AND CARROTS, AND SEASON WITH SALT AND PEPPER. COOK, STIRRING, UNTIL THE MEAT IS NO LONGER PINK, 6-8 MINUTES. SPRINKLE IN FLOUR AND OREGANO AND STIR FOR AN ADDITIONAL MINUTE. ADD BROTH AND CORN. LET SIMMER FOR 3-5 MINUTES MORE.

LADLE INTO BOWLS AND TOP WITH MASHED TURNIP/RUTABAGA. SERVE.