



# TURNIPS 3 WAYS!

## RICE WITH TURNIPS AND TURNIP GREENS

### INGREDIENTS NEEDED:

4 ½ cups cooked rice  
3-4 turnips with greens  
2 tablespoons olive oil  
¼ cup apple cider vinegar  
1 tablespoon dried thyme  
1-2 dried bay leaves  
¼ cup fresh parsley, chopped  
Salt and pepper

### STEPS:

1. Cut the tops off your turnips and dice the turnip into small pieces.
2. Chop the turnip greens (tops), setting aside for later.
3. Add the turnips, olive oil, and spices to a sauté pan.
4. Sauté for 5-7 minutes, softening turnips.
5. Add turnip greens and apple cider vinegar.
6. Stir and allow the greens to wilt (2-3 minutes).
7. In a bowl, combine the rice and sautéed turnip/turnip greens.
8. Salt and pepper to taste.
9. Add a sprinkling of fresh parsley and serve!

Eating both the turnip and the greens provides an excellent source of vitamin A, C, and fiber!

## MASHED TURNIP POTATOES

### INGREDIENTS NEEDED:

4 large turnips  
1 large potato  
1 onion, diced small  
1 tablespoon dried sage  
3 tablespoons butter  
1 cup milk

### STEPS:

1. Using a stock pot, add enough water to cover the turnips and potatoes.
2. Boil turnips and potatoes until soft and mash-able.
3. Meanwhile, add diced onion and butter to a sauté pan.
4. Sauté onions until soft and fragrant, set aside.
5. Drain the turnips and potatoes when cooked.
6. Place the cooked turnips and potatoes in a bowl with the milk and butter, mash together.
7. Add sage, salt, pepper, and onion to mashed turnip/potato mixture.
8. Serve warm!

This dish makes for a cozy side to any meat item in the fall or winter months!

## TURNIP CASSEROLE WITH CARAMELIZED ONION

### INGREDIENTS NEEDED:

1 ½ cup whole milk  
1 bay leaf  
1 tsp dried thyme  
2 garlic cloves, chopped  
2 tablespoons olive oil  
2 onions, diced  
2 medium-large potatoes  
2 tablespoons honey  
2-3 medium turnips, cut into thin slices  
1-2 carrots, cut into thin slices  
½ cup grated Parmesan cheese  
Salt and pepper

### STEPS:

1. Preheat the oven to 375 degrees.
2. In a sauce pan, add chopped garlic, milk, bay leaf, and dried thyme.
3. Heat this mixture until just boiling and set aside. This is your sauce!
4. Dice the onion and add to a separate (sauté) pan with the oil and honey.
5. Cook onions until brown and tender.
6. Slice the potatoes, turnips, and carrots into thin circular slices.
7. Grease a baking pan with olive oil.
8. Line the pan with a layer of sliced vegetables.
9. Add a layer of caramelized onion and a layer of milk sauce.
10. Repeat with vegetable layers, onion, and sauce.
11. Sprinkle with Parmesan cheese and pepper.
12. Bake for 40 minutes until the top is brown and bubbly.

This is a great make-ahead-dish! Just prepare up until the oven baking step, refrigerate until needed and then place in the oven when ready!