



## Turnips, Fresh

MyPlate Food Group: **Vegetable**



### Nutrition Information

- 1 cup of raw turnips counts as 1 cup from the ChooseMyPlate.gov Vegetable group.
- It all counts! Fresh, frozen, canned, and even vegetable juice- all types of veggies count toward your MyPlate goal.
- Based on their nutrient content, vegetables are organized into 5 subgroups: dark-green vegetables, starchy vegetables, red and orange vegetables, beans and peas, and other vegetables.
- Most vegetables are naturally low in fat. None have cholesterol. Sauces and seasonings may add fat, calories, and/or cholesterol.
- Fruits and vegetables contain antioxidants. Some studies have shown that eating a diet high in antioxidants may have health benefits.
- Turnips are an important source of many nutrients including vitamin A and C. Vitamin A keeps eyes and skin healthy and vitamin C helps to boost the immune system.

### Uses and Tips

- Not sure if you're a fan of turnips? Try steaming, roasting, or sautéing them using different herbs and spices until you find the cooking method and flavor you like best.
- Cut up raw turnips into thin strips and add them to a salad for a delicious crunch.
- Looking for something other than mashed potatoes? Try mashed turnips instead! If the flavor is too intense, try mixing with mashed potatoes.

### Storing Foods at Home

- Do not wash turnips until ready to eat.
- Turnips should be stored in the refrigerator in a plastic bag, loosely tied or knotted.

## MyPlate Facts

- Vegetables are naturally low in calories. Eat vegetables in place of foods that may be higher in calories to help lower calorie intake. For example, replace chips with crunchy carrots, celery, or cucumbers.
- Eating a diet rich in vegetables and fruits as part of an overall healthy diet may reduce the risk of heart disease, including heart attack and stroke.
- Eating a diet rich in some vegetables and fruits as part of an overall healthy diet may protect against certain types of cancers.
- Adding vegetables can help increase the intake of fiber and potassium, which are important nutrients that many Americans do not get enough of in their diet.
- Vary your veggie choices to keep meals interesting.



## USDA Foods

### Delicious Roasted Turnips

Makes 4 servings

#### Ingredients:

2 pounds turnips, peeled and quartered  
1 tablespoon vegetable oil  
½ teaspoon salt  
¼ teaspoon black pepper  
1 teaspoon rosemary, dried (optional)  
Splash of red wine vinegar (optional)

**Directions:** Wash hands with soap and water.

1. Preheat the oven to 425 degrees F.
2. Put the turnips, oil, salt, pepper, and rosemary (optional) in the bowl and mix well.
3. Add the contents of the bowl onto a baking sheet, making sure the vegetables are in a single layer.
4. Carefully put the baking sheet in the oven and bake until the vegetables are deeply colored on the outside and tender on the inside, about 30 minutes.

*Optional: Add a splash of balsamic or red wine vinegar when you take the turnips out of the oven.*

*Recipe adapted from Chop Chop Family*

### Turnip Tater Mash

Makes 6 servings

#### Ingredients:

2 cups turnip, peeled, cubed  
1 cup potatoes, peeled, cubed  
¼ cup onion, minced  
1½ teaspoons reduced-fat sour cream  
1 teaspoon butter  
¼ teaspoon garlic salt

**Directions:** Wash hands with soap and water.

1. Wash, peel, and cube turnips and potatoes.
2. Mince onion.
3. Boil turnips, potatoes, and onion until tender.
4. Drain and mash mixture with mixer or potato masher.
5. Add sour cream, butter, and garlic salt. Mix well and serve.

*Recipe adapted from University of Kentucky, College of Agriculture, Food and Environment*