

TURNIPS & GREENS

Types

Asian salad turnips have tender roots that can be eaten raw or cooked.

European storage turnips are the most common turnips in grocery stores and frequently are cooked, but may be eaten raw.

Turnip greens are usually sold separately from the roots.

Turnip Root Colors: golden, purple top, red, white.

Selection Info

Choose turnip roots that are heavy for their size and free of soft spots. Leaves, if still attached, should be fresh.

Choose turnip greens that are fresh and green. Avoid greens that are limp, torn, or bruised.

Preparation

Raw (turnips): Cut off greens, rinse turnips under cool running water to clean, and peel the turnips with a knife.

Sauté (turnips): Heat 1 tablespoon of olive oil in a skillet. Slice turnips into thin strips and add them to the skillet, then add another tablespoon of oil.

Cook and stir turnips constantly for 5 minutes. Reduce heat and continue to cook until tender. Spritz with lemon juice to taste.

Grill (turnips): Cut turnips to preferred size. Brush with olive oil and season with salt and pepper to taste. Place on grill pan, continuously turning until tender. Grill for 2 minutes on each side or until tender.

Roast (turnips): Heat oven to 500°F. Peel and slice turnips. Toss turnips in mixture of olive oil or butter and a little salt and pepper, then roast for 25 to 30 minutes or until brown and tender.

Turnip Greens: Wash greens under cool running water to clean. Tear the leaves apart, sprinkle with lemon juice and let sit 5 minutes. Cook the leaves in a skillet in 1 tablespoon of olive oil. This usually takes 5 to 15 minutes. Drizzle favorite dressing or sauce on greens for flavor.

Storage

Short-Term Storage: Turnips should be stored in a plastic bag in the refrigerator drawer for up to 2 weeks, unwashed. If you want to cut the leaves off, leave about 1 inch to ensure you don't cut into the turnip. Always store greens separately.



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TASTY TURNIP MASH

Ingredients

- 1 tablespoon margarine made with olive oil
- 1 tablespoon onion (chopped)
- 5 cups turnips
- 1 teaspoon salt
- 1 teaspoon sugar
- 1/8 teaspoon ground pepper
- 1/8 teaspoon cayenne pepper
- 2 large eggs (separate white and yolk)

Directions

1. Bring a large pot of water to a boil over high heat.
2. Clean and cut turnips into roughly equal-size pieces.
3. Add turnips to boil water and reduce heat to medium. Boil until tender (about 30 minutes).
4. Drain and mash turnips.
5. Heat oven to 400°F and grease a medium casserole dish.
6. Add onions to mashed turnips. Add salt, sugar, pepper, and cayenne. Mix well.
7. In a small bowl beat egg yolks, add them to the turnip mixture, and stir gently until just combined.
8. In a medium bowl, whisk the egg whites until stiff peaks form. Then, gently fold the egg whites into the mashed turnip mixture.
9. Put turnip mixture in the greased casserole dish and bake 20-25 minutes.



Learn more about **TURNIP** and **TURNIP GREENS** by scanning the QR code above or by visiting <https://extension.purdue.edu/foodink/food.php?food=turnip&turnip&turnip>.

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Nutrition Information

Serving Size 1/5 of recipe

Nutrients	Amount
Total Calories	100
Protein	4g
Carbohydrates	13g
Dietary Fiber	5g
Total Fat	4.5
Saturated Fat	1g
Cholesterol	85mg
Sodium	550mg

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