



## Turnip Green Soup

<b>8 ounces</b> , fresh turnip greens, chopped or ½ package, frozen turnip greens, thawed and chopped	<b>½ clove</b> garlic, minced
<b>8 ounces</b> roasted turkey, chopped	<b>1 15 ounce</b> can white beans
<b>1</b> medium onion, chopped	<b>1 14 ounce</b> can chicken broth
<b>½ cup</b> fresh carrot, chopped	<b>1 teaspoon</b> salt
<b>1 cup</b> , potato, peeled and diced	<b>1 cup</b> water
	<b>1 teaspoon</b> crushed red pepper flakes

If using fresh greens, cook until tender.

**Chop** fresh or frozen turnip greens, roasted turkey, onion, and carrot.

**Peel** and dice potato and garlic clove.

**Place** chopped vegetables and chopped roasted turkey in a large soup pot.

**Drain** and rinse white beans. Add beans, chicken broth, salt, and 1 cup water or enough to cover all

ingredients. Stir well.

**Place** pot on stove and bring to a boil.

**Add** red pepper flakes.

**Cover**, reduce heat, and simmer one hour, stirring frequently.

**Yield:** 6, 1 cup servings

**Nutritional Analysis:** 120 calories, 3.5g fat, 12 g protein, 10 g carbohydrate, 3 g fiber, 30 mg cholesterol, 420 mg sodium.

Buying Kentucky Proud is easy. Look for the label at your grocery store, farmers' market, or roadside stand.



## Kentucky Turnip Greens

**SEASON:** May through June and September through November.

**NUTRITION FACTS:** Greens are a source of vitamins A and C. A half-cup serving contains 20 percent of calcium needed daily. Greens are low in calories, with 20 to 30 calories per half-cup serving.

**SELECTION:** Look for bright green leaves that are fresh, young, moist, and tender.

**STORAGE:** Store greens in the coldest part of the refrigerator for no more than 2 to 3 days.

**PREPARATION:** Wash greens well in warm water. Remove roots, rough ribs, and center stalks if they are large or fibrous.

**TO COOK** Add washed greens to a medium-size saucepan with ¼ inch water. Bring water to a boil. Cover and cook until tender. Leafy greens cook in 1 to 3 minutes. Crisp and tender greens may

require 5 to 10 minutes. Seasonings and herbs will enhance the flavor without adding salt. Try allspice, lemon, onion, nutmeg, or vinegar.

**TO FREEZE** Wash young, tender green leaves thoroughly and cut off woody stems. Blanch greens for 2 to 3 minutes, cool, drain, and package. Leave ½ inch headspace, seal, label, and freeze. Greens can be stored for up to 1 year in the freezer.

### TURNIP GREENS

#### Kentucky Proud Project

County Extension Agents for Family and Consumer Sciences  
University of Kentucky, Nutrition  
and Food Science students

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