Turnip Tater Mash

<table>
<thead>
<tr>
<th>Ingredients</th>
<th>Amount</th>
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<tbody>
<tr>
<td>2 cups peeled, cubed raw turnip</td>
<td>1 1/2 teaspoons reduced fat sour cream</td>
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<tr>
<td>1 cup peeled, cubed Yukon Gold potatoes</td>
<td>1 teaspoon garlic salt</td>
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<tr>
<td>1/4 cup minced onion</td>
<td>1 teaspoon butter</td>
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1. Wash, peel and cube turnips and potatoes. **Mince** onion.
2. **Boil** turnips, potatoes and onion until tender.
3. **Drain** and **mash** mixture with mixer or potato masher.
4. **Add** sour cream, butter and garlic salt. **Mix** well.

**Yield:** 6, 1/2 cup servings.

**Nutrition Analysis:** 50 calories, 1 g fat, 5 mg cholesterol, 75 mg sodium, 10 g carbohydrate, 2 g fiber, 3 g sugar, 2 g protein.

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

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**Kentucky Turnips**

**SEASON:** Late spring and late fall.

**NUTRITION FACTS:** One half cup of turnips has only 20 calories and provides fiber and 25 percent of the vitamin C needed for a day.

**SELECTION:** Look for small turnips that are heavy for their size; they will be sweeter than large turnips. They should be firm and smooth, without scars or cracks.

**STORAGE:** Store in a cool, well-ventilated area or refrigerate for up to two weeks.

**PREPARATION:** Wash and peel. Turnips can be eaten raw or cooked.

To cook, slice or cube and cook in a small amount of water for 10-20 minutes. Turnips are excellent in soups and stews.

**Source:** www.fruitsandveggiesmatter.gov

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