



Turnip Tater Mash

2 cups peeled, cubed raw turnip

1 cup peeled, cubed Yukon Gold potatoes

¼ cup minced onion

¼ teaspoon garlic salt

1 teaspoon butter

1½ teaspoons reduced fat sour cream

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, ½ 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.



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.

Source: www.fruitsandveggiesmatter.gov

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.

TURNIP

Kentucky Proud Project

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

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