



## Turnip Tips

- Choose smooth and firm turnips. Small and medium-sized turnips are sweeter and more flavorful than larger ones. Avoid bruised, mushy or cracked roots.
- Look for small turnips that are heavy for their size; they will be sweeter than large turnips.
- When selecting turnips with leafy greens, look for bright green tops.
- Common varieties:
  - Purple Top — purple tops and white bottoms, with large, lobbed greens; sweet flavor becomes milder with cooking
  - Hakurei — white salad turnip best harvested young
  - Scarlet — bright red salad turnip
- Store unwashed turnip roots in the refrigerator in a plastic bag for up to two weeks.
- Scrub small roots under cool running water or peel off the thin layer of skin of large roots before using.
- Separate unwashed greens from the root and store them in an open plastic bag in the refrigerator for up to four days. Wash leaves before using.
- Both the root and plant's leafy greens are edible. The root is a good vitamin C, potassium and fiber source. The leafy greens provide folate, manganese, calcium, fiber, and vitamins A, C and K.
- Half a cup of turnips has only 20 calories.



## Honey Glazed Turnips

Cook turnips and honey on the stove to create an easy and healthy side dish for dinner.

**Yield:** 4 Servings

**Time:** 25 Minutes

### Ingredients

- 3 turnips, about 1½ pounds peeled or cubed
- 2 tablespoons honey
- 2 tablespoons canola oil
- ¼ cup water
- ¼ teaspoon salt (to taste)
- ¼ teaspoon black pepper (to taste)

Source: <https://www.myplate.gov/recipes/supplemental-nutrition-assistance-program-snap/honey-glazed-turnips>

### Instructions

1. Rinse and peel turnips.
2. Slice or cube turnips, ½ inch pieces.
3. In a medium saucepan, combine honey, canola oil and water and bring to a boil.
4. Add turnips, salt and black pepper; cover and bring to a boil.
5. Reduce to simmer. Cook for about 10 minutes.
6. Uncover and continue to cook until turnips are golden and glazed, about 10 minutes.







## Potato Turnip Gratin

Rich and creamy root vegetables, flavored with tangy Parmesan cheese and topped with crunchy breadcrumbs.

**Yield:** 4 Servings

**Time:** 90 Minutes

### Ingredients

- ½ cup finely diced onion
- 1 tablespoon butter or margarine
- ½ teaspoon salt
- ½ teaspoon garlic powder
- ¼ teaspoon pepper
- 2 tablespoons flour
- 1 ⅓ cups 1% or nonfat milk
- 2 ⅓ cups thinly sliced potatoes
- 1 cup thinly sliced turnips
- ¼ cup grated Parmesan cheese
- 4 teaspoons butter or margarine
- 2 tablespoons dry bread crumbs

### Instructions

1. Wash hands with soap and water.
2. Preheat oven to 350 degrees F. Lightly grease a baking dish



3. In a saucepan over medium heat, sauté onions in 1 tablespoon margarine until softened.
4. Stir in salt, garlic powder, pepper and flour until smooth. Add milk slowly, stirring rapidly to avoid lumps. Stir constantly until the sauce bubbles and thickens slightly. Remove from heat .
5. Place mixed potatoes and turnips in layers in the baking dish.
6. Pour sauce over the potato mixture. Sprinkle with Parmesan cheese.
7. Melt 2 teaspoons butter; mix with the dry bread crumbs and sprinkle evenly over top.
8. Bake for 50 minutes or until the sauce is bubbling and the bread crumbs have browned. Potatoes and turnips should be tender when poked with a fork.
9. Refrigerate leftovers within 2 hours.

Source: <https://foodhero.org/recipes/potato-turnip-gratin>





## Turnip Pancakes

A great way to try turnips. Full of vegetables and packed with flavor, turnip pancakes will satisfy everyone.

**Yield:** 6 Servings

**Time:** 45 Minutes

### Ingredients

#### Pancakes:

- 1 cup all-purpose flour
- ½ teaspoon black pepper
- 1 egg
- 2 cloves garlic, minced
- 1 tablespoon low-sodium soy sauce
- ¾ cup water
- 2 cups grated turnip
- 1 cup grated carrot
- ½ cup thinly sliced green onion
- 2 tablespoons vegetable oil (for cooking)

#### Dipping Sauce:

- 2 tablespoons low-sodium soy sauce
- 2 tablespoons rice vinegar
- 2 teaspoons packed brown sugar
- 2 tablespoons thinly sliced green onion

### Instructions

1. Wash hands with soap and water.
2. In a large bowl, mix flour, pepper, egg, garlic, soy sauce and water in a bowl until smooth.
3. Stir in the turnip, carrot and green onion
4. Heat half of oil in a large skillet over medium heat (350 degrees F in an electric skillet). Pour about ¼ cup of batter for each pancake into skillet. Flatten with a fork into a 3-inch circle.
5. Cook until edges look dry and bottom is golden, about 3 to 4 minutes. Turn once. Cook until bottom is golden and crispy. Repeat with remaining batter, adding remaining oil as needed. Pancakes will be moist in the center.
6. Combine dipping sauce ingredients in a small bowl. Serve with warm pancakes.



Source: <https://www.myplate.gov/recipes/supplemental-nutrition-assistance-program-snap/turnip-pancakes>



## Maple Syrup Glazed Turnips



A warm and flavorful dish that includes sweet warm maple syrup, cinnamon and hearty root vegetables.

**Yield:** 4-6 Servings

**Time:** 60 Minutes

### Ingredients

- 1 tablespoon margarine or butter, melted
- 3 tablespoons maple syrup
- ½ teaspoon cinnamon
- 2 teaspoons lemon juice
- 3 cups diced turnip
- 2 cups cubed sweet potato

### Instructions

1. Rinse or scrub fresh vegetables under running water before preparing.

2. Preheat oven to 400 degrees F.
3. In a small bowl, mix together margarine or butter, maple syrup, cinnamon and lemon juice.
4. Mix turnip and sweet potato pieces in a medium casserole dish. Add syrup mixture and stir to coat evenly.
5. Cover and bake for 15 to 20 minutes. Uncover and bake until browned, 20 to 30 minutes. Serve hot.
6. Refrigerate leftovers within 2 hours.

Source: <https://foodhero.org/recipes/maple-glazed-turnips>



## Avocado Garden Salad

This salad is easy to fix, looks great on a plate, and is delicious to eat.

**Yield:** 6 Servings

**Time:** 20 Minutes

### Ingredients

- 6 cups salad greens torn or cut
- 3 tomatoes medium, chopped
- 5 green onions, chopped
- 1 cucumber, peeled and chopped
- 2 tablespoons lemon juice
- ⅓ teaspoon garlic powder
- ½ teaspoon black pepper
- ½ teaspoon salt
- 1 avocado large, peeled

### Instructions

1. Mix salad greens, tomatoes, onions and cucumber in a large serving bowl.
2. In a small bowl, mix lemon juice, garlic powder, ground black pepper and salt; stir with fork or whisk. Pour over salad mixture and toss together.
3. Cut avocado in half lengthwise. Remove pit and peel avocado halves. Slice into thin wedges, about ⅛-inch thick.
4. Arrange avocado slices on top of salad and serve immediately.



Source: <https://eatfresh.org/recipe/salads/avocado-garden-salad/>





## Avocado and Corn Salsa

Avocado and corn are given a flavor boost by fresh cilantro and lime. Serve this salsa with baked chicken for an easy weekday meal.

**Yield:** 5 Servings

**Time:** 10 Minutes

### Ingredients

- 1 avocado, diced
- $\frac{3}{4}$  cup frozen corn kernels, thawed
- $\frac{1}{2}$  cup grape tomatoes, quartered
- 1 tablespoon fresh cilantro, chopped
- 2 teaspoons lime juice
- $\frac{1}{4}$  teaspoon salt

### Instructions

1. Wash hands with soap and water.
2. Toss avocado, corn, tomatoes, cilantro, lime juice and salt in a medium bowl.
3. Chill one hour and then serve.

Source: <https://www.myplate.gov/recipes/supplemental-nutrition-assistance-program-snap/avocado-and-corn-salsa>







## Pear Party Salsa

Scrumptious, sweet salsa that will be a party favorite. Use a tart apple variety for best results.



**Yield:** 4 Servings

**Time:** 10 Minutes

### Instructions

1. Wash hands with soap and water.
2. Combine pear, apple, kiwifruit and orange in a medium-sized bowl.
3. Pour honey and lemon juice over fruit and gently toss.
4. Scoop up bites of fruit salsa using cinnamon graham crackers (optional).

### Ingredients

- 1 pear, cored and finely chopped
- 1 apple, cored and finely chopped
- 2 kiwifruits, cored and finely chopped
- 1 orange, peeled and finely chopped
- 2 tablespoons honey
- 1 teaspoon lemon juice
- cinnamon graham crackers (optional)

Source: <https://www.myplate.gov/recipes/supplemental-nutrition-assistance-program-snap/pear-party-salsa>





## Pumpkin Chili

Canned or puréed pumpkin adds a hearty and nutritious flavor to this savory chili recipe.

**Yield:** 8 Servings

**Time:** 30 Minutes



### Ingredients

- 2 teaspoons olive oil
- 1 small yellow onion, chopped
- 1 green bell pepper, chopped
- 2 jalapeño peppers, finely chopped
- 2 cloves garlic, finely chopped
- 1 pound ground turkey
- 1 can diced tomatoes with juice, low-sodium
- 1 can pumpkin purée
- 1 cup water
- 1 teaspoon cumin, ground
- 1 tablespoon chili powder
- salt and pepper (to taste, optional)
- 1 can kidney beans, low-sodium

### Instructions

1. Wash hands with soap and water.
2. Heat oil in a large pot over medium high heat.
3. Add onion, bell pepper, jalapenos and garlic and cook, stirring frequently until tender, about 5 minutes.
4. Add turkey and cook until browned.
5. Add tomatoes, pumpkin, water, chili powder, cumin, salt, and pepper and bring to a boil.
6. Reduce heat to medium low then add beans.
7. Cover and simmer, stirring occasionally, for 30 minutes more.
8. Ladle chili into bowls and serve.

Source: <https://www.myplate.gov/recipes/supplemental-nutrition-assistance-program-snap/pumpkin-chili>



*Rinse fresh fruits and vegetables under running water.*

## Cranberry Pumpkin Snack Bites

Use canned and dried produce in these easy, in-season snack bites! Perfect for on-the-go or fueling up pre-workout.

**Yield:** 4 Servings

**Time:** 15 Minutes



### Ingredients

- ¼ cup honey or maple syrup
- ½ cup pureed pumpkin
- ½ cup + 2 tablespoon sunflower seed butter
- 2 tablespoon ground flax
- 1½ cup quick cook oats
- ¼ cup vanilla protein powder
- ½ teaspoon salt
- 1 tablespoon pumpkin pie spice
- ½ cup raw pepitas (pumpkin seeds)
- ½ cup + 1 tablespoon dried cranberries

### Instructions

1. Add pumpkin, seed butter, honey and flax to a medium mixing bowl and stir well.
2. In another bowl, mix the oats, protein powder, spices and salt.
3. Incorporate the wet into the dry completely.
4. Add the pumpkin seeds and dried cranberries; mix well, and store in the refrigerator at least 30 minutes.
5. Form the mixture into balls slightly smaller than golf ball size.
6. Serve right away or store in an air-tight container in the refrigerator, up to one week. Can be frozen up to 6 months.

Source: <https://fruitsandveggies.org/recipes/cranberry-pumpkin-snack-bites/>



# Spiced Pear Cinnamon Rolls



These cinnamon rolls have a slightly sweet and soft, fluffy dough filled with sweet pears and topped with a cream cheese frosting. They are a perfect addition to any special breakfast.

**Yield:** 12 Servings

**Time:** 280 Minutes

## Ingredients

### Dough

- 3 cups all-purpose flour
- ¼ cup granulated sugar
- ¼ tsp salt
- 1 cup 2% milk
- 2 tablespoon unsalted butter
- 2½ teaspoon instant or quick-rise yeast
- Grated zest of one orange
- 1 egg

### Filling

- ¼ cup of unsalted butter
- ¼ cup brown sugar
- 4 firm pears, peeled\* and diced
- 1 teaspoon cinnamon
- ¼ teaspoon cardamon
- ¼ teaspoon ginger

### Cream Cheese Glaze

- 6 oz cream cheese, room temperature
- 2 tablespoon unsalted butter
- ½ teaspoon vanilla extract
- 1 tablespoon milk
- 1 cup powdered sugar

## Directions

### Prepare Dough

1. In a large mixing bowl, combine the flour, sugar and salt. Set aside.
2. In a small saucepan, combine the milk and butter and heat to melt butter. Whisk in the yeast until it dissolves. Add the orange zest.
3. Add the milk mixture to the dry ingredients along with the egg. Mix using a wooden spoon or an electric mixture fitted with the dough hook attachment. Mix until a soft dough forms.

4. Transfer the dough to a lightly floured surface and knead for about 5 minutes or until a smooth dough forms. Add flour as needed, one tablespoon at a time.
5. Transfer to a lightly greased bowl. Cover with plastic wrap and let rise for 2 hours or until doubled.

### Prepare Filling

6. In a saucepan, melt the butter. Add the brown sugar and stir until it is dissolved.
7. Add the pears and spices and stir. Cook for 5 minutes until the pears start to soften slightly. Allow to cool.
8. Once the dough has risen, transfer to a floured work surface and roll it into a 14 x 8-inch rectangle. Top it with the filling, evenly distributing it over the dough. Leave a small border of dough without filling. Roll into a 14-inch log. Cut into 12 equal pieces. Arrange them in a 9x13 well-greased baking pan.

### Allow to Rise 30 Minutes

9. Preheat oven to 350°F while dough is rising. Bake for 25-30 minutes or until golden brown. Cover with foil if browning too fast.

### Cream Cheese Glaze

10. In a medium bowl, add the cream cheese and butter and mix until creamy. Add the vanilla and milk. Slowly add the powdered sugar and mix until a smooth glaze forms.
11. Remove the rolls from the oven. Let cool for 5 minutes. Spread the glaze evenly over the rolls. Allow to cool for another 10 minutes and enjoy warm.

Source: <https://usapears.org/recipe/spiced-pear-cinnamon-rolls/>

Funded in part by USDA SNAP. For more information, call MU Extension's Show Me Nutrition Line at 1-888-515-0016. Need help stretching your food dollars? Contact your local resource center or go online to [mydss.mo.gov/food-assistance](http://mydss.mo.gov/food-assistance)