

Nutrition Spotlight: Turnips

Turnips are high in fiber and the powerful antioxidant, vitamin C. If the skin is tender, it doesn't really need to be peeled – simply wash the turnips and trim off the top and bottom and enjoy!

Don't forget the greens! Turnip greens are high in calcium and are great sautéed with a little olive oil and garlic. Remove the greens from the turnips as soon as you bring them home. Store the turnip greens in a plastic bag for up to five days.

Skillet Turnip Greens

Makes 4 servings

Recipe from [Add A Pinch](#), Robyn Stone

Ingredients:

- 1 lb. turnip greens, rinsed well and roughly chopped
- 2 tsp. olive oil or vegetable oil
- 1/2 medium sweet onion diced
- 1 garlic clove minced
- 1 tbsp. apple cider vinegar
- 1/2 to 1 tsp. brown sugar
- 1/2 tsp. kosher salt
- 1/2 tsp. black pepper

Directions

1. Drizzle olive oil into skillet over medium heat.
2. Add onion and cook until just tender, about 3 minutes. Then add 1/2 of turnip greens. Allow to cook down and add the remainder of the greens.
3. Add water, maple syrup and red pepper flakes. Adjust the amount of red pepper to your personal taste.