

Turnip Recipes



Turnip Greens Serves 4.

1 lb. ham hocks
2 lbs. turnip greens
Salt and pepper, to taste

1. Boil ham hocks in water for 45 minutes to 1 hour. Cut meat from bones
2. Clean turnip greens. Cut off long parts of stem and wash in cold water 2-3 times.
4. Add greens to boiled ham chunks with salt and pepper to taste. (Add more water to meat if water level is low.)
5. Cook at a low temperature for approximately 2 hours or until leaves are tender.

NUTRITION FACTS (per serving) - Calories 190 ~ fat 12 g ~ calories from fat 100 ~ sodium 85 mg ~ total carbohydrate 7 g ~ fiber 5

Roasted Turnips Serves 4.

4 medium turnips
1 tsp. vegetable oil
Salt and pepper, to taste
Herbs and spices, to taste

1. Wash turnips and cut into large chunks or wedges.
2. Lightly coat turnips with vegetable oil.
3. Put on cookie sheet or in shallow baking pan.
4. Season with your favorite herbs and spices.
5. Roast at 450 degrees, 45 minutes to an hour, or until tender.

NUTRITION FACTS (per serving) - Calories 45 ~ fat 1.5 g ~ calories from fat 10 ~ sodium 80 mg ~ total carbohydrate 8 g ~ fiber 2

Boiled Turnips Serves 4.

4 medium turnips
2 Tbsp. margarine
Herbs and spices, to taste

1. Peel the turnips and cut them in slices 1/2 -1 inch thick.
2. Cook in boiling water without salt.
3. Serve with margarine and your favorite herbs and spices.

NUTRITION FACTS (per serving) - Calories 80 ~ fat 6 g ~ calories from fat 50 ~ sodium 150 mg ~ total carbohydrate 8 g ~ fiber 2

Mashed Turnips Serves 4.

4 turnips
2 Tbsp. margarine
1/2 cup skim milk

1. Peel turnips.
2. Cook in boiling water until tender (about 45 minutes)
3. Drain. Mash.
4. Season with salt, margarine and milk.

NUTRITION FACTS (per serving) - Calories 90 ~ fat 6 g ~ calories from fat 50 ~ sodium 160 mg ~ total carbohydrate 9 g ~ fiber 2



Turnip and Onion Gratin Serves 2.

1/2 pound turnips, peeled and grated
1 onion, chopped fine
2 tsp. cornstarch
1/4 cup grated Parmesan cheese
1/3 cup prepared nonfat dry milk

1. In a bowl toss the turnips and the onion with the cornstarch, 1/4 cup of the Parmesan, and salt and pepper to taste.
2. Transfer the mixture to a buttered 9-inch square dish and pat it down.
3. Drizzle the milk evenly over the mixture.
4. Sprinkle the mixture with the remaining 1 tablespoon parmesan.
5. Bake the gratin at 375 degrees for 25 to 30 minutes, or until the top is golden.

NUTRITION FACTS (per serving) - Calories 130 ~ fat 4 g ~ calories from fat 35 ~ sodium 330 mg ~ total carbohydrate 17 g ~ fiber 3

Turnips and Cheese Serves 6.

10 turnips, peeled, quartered
1 cup cheese, grated (parmesan, cheddar)
3 Tbsp. margarine
Salt and pepper, to taste

1. Peel turnips.
2. Cook in boiling water until tender (about 45 minutes)
3. Drain. Mash.
4. Season with salt, margarine and milk.
5. Add cheese and mix until it melts

NUTRITION FACTS (per serving) - Calories 180 ~ fat 11 g ~ calories from fat 100 ~ sodium 510 mg ~ total carbohydrate 13 g ~ fiber 4



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