



Turn Up For Turnips!



Try It at Home:

Turnip Chips!

Ingredients

- 4 medium turnips, well washed and thinly sliced
- 1-2 TBSP Olive Oil
- ¼ tsp fine-grain sea salt
- Pinch Smoked Paprika
- Juice from ½ lime

Directions

1. Preheat oven to 425 F.
2. Toss turnip slices in a large bowl with the oil and salt.
3. Arrange turnips in a single layer on 2 baking sheets.
4. Bake for ~15 minutes, until chips start to turn crispy and golden brown.
5. Sprinkle with dusting of paprika and lime juice.
6. Enjoy while warm or allow chips to crisp more as they cool.



Nutritional Benefits:

- Excellent source of antioxidants, minerals, vitamins and dietary fiber; may help lower incidence of cancer and cardiovascular disease
- ½ cup of turnips has 15% of the daily recommended amount of vitamin C, which is needed to build collagen, scavenge free radicals, and boost immunity



Fun Facts:

- Young turnips are crisp and sweet, making them good raw or in salads.
- Large mature turnips develop a tough skin and a stronger flavor which makes them great for soups, stews, and mashing

Turnips are root vegetables, also related to cabbage, radishes, & Brussels sprouts. The white bulbous root is most commonly used, but turnip leaves and sprouts are also edible and highly nutritious.

References:

Manchali, S. **Crucial facts about health benefits of popular cruciferous vegetables.** Journal of Functional Foods, Volume 4, Issue 1, January 2012, Pages 94-106

"Turnip Nutrition Facts." <https://www.nutrition-and-you.com/turnips.html>

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<http://www.kitchendietitian.com/recipes/2012/1/13/turnip-chips-as-seen-in-webisode-11.html#.WjqVk9-nHcu>