

Did you Know...

Turnips are not a true root vegetable but a swollen part of the stem.

Garlic has anti-inflammatory and antioxidant properties that may help reduce heart disease risk.



Photo Courtesy of Pixabay.com

EAT WELL, AGE WELL. January – Turnips and Garlic

Turnips are high in many vitamins, minerals, fiber, and water making them a healthy vegetable available even in the winter months. While we usually only eat the bulb, the leaves are also edible and a good source of many vitamins and minerals. Due to their mild flavor, turnips pair well with other seasonal “root” vegetables like carrots, onions, and potatoes.

- Storage: Remove green top; store bulb in dry, sealed container
- Preparation: Peeling before cooking can help remove bitter taste. Can be roasted, boiled, and mashed.

Garlic is one of the oldest cultivated crops. Garlic contains several phytochemicals, or plant compound, which help reduce inflammation and heart disease risk. Garlic stores well meaning fresh garlic can be available year-round.

- Storage: Keep at room temperature, not in refrigerator
- Preparation: Smash garlic with flat side of knife to remove peel before mincing, or use a garlic press after removing peel. Can be sauteed, roasted, baked, or raw and added to most any dish.

Roasted Turnips with Garlic

Ingredients

- 1 pound turnips
- 1 tsp olive oil
- 1 garlic clove, minced
- 1/8 tsp sage
- 1/8 tsp rosemary
- Salt & pepper to taste



Image by Stefan
Schweihofer from Pixabay

Instructions

1. Preheat oven to 425°F and line baking sheet with parchment paper.
2. Mince garlic.
3. Toss turnips in a bowl with olive oil, garlic, sage, and rosemary.
4. Roast 30-35 minutes or until tender. Remove from oven and season to taste

Notes

- Peeling turnips before roasting helps to remove bitterness.
- You can add parmesan cheese, melted butter, chives, etc. after removing from oven for extra flavor if you wish.
- Recipe adapted from <https://www.spendwithpennies.com/simple-roasted-turnips/comment-page-1/>
- Find 25 more turnip recipes at <https://insanelygoodrecipes.com/turnip-recipes/>

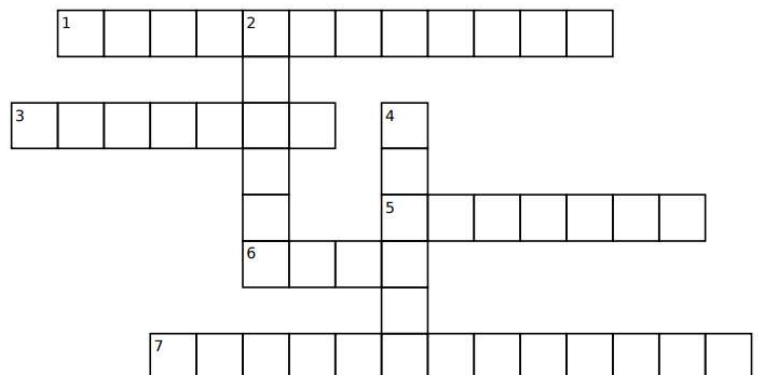
Check out more Recipes at: <https://foodhero.org/turnips> and <https://foodhero.org/garlic>

Across:

1. Garlic helps reduce risk for this condition
3. First month of the year
5. Cooking style of turnips
6. Way to remove bitterness in turnips
7. Attributes properties anti-inflammatory properties in garlic

Down:

2. Not a true root vegetable
4. Vegetable that makes great seasoning in a variety of dishes



1. Heart Disease 2. Turnip 3. January 4. Garlic 5. Roasted 6. Peel 7. Phytochemical