



Greater Cleveland
Food Bank

Spicy Sautéed Turnip Greens



Ingredients

1 tbsp olive oil
1 medium onion (diced)
1 bunch turnip greens
(chopped)
¼ cup water
1 tbsp brown sugar
⅛ teaspoon red pepper
flakes

Directions

1. Add olive oil to skillet over medium heat.
2. Add diced onion and cook for 2-3 minutes.
3. Add chopped turnip greens.
4. Let cook for 3-5 minutes or until tender.
5. Add water, brown sugar and red pepper flakes (to taste).

Don't like spice? Check out the substitutions on the back!



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Why These are great for you!



Turnip greens are **PACKED** with calcium. They will help strengthen and maintain proper bone health.

Try added a splash of lemon juice to cut through the bitterness of the greens.

If you don't like spice - sub red pepper flakes for your favorite spice like cumin or garlic!!

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