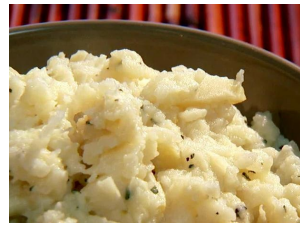


Mashed Turnips



Ingredients

1 lbs. turnips
1 Tbsp. olive oil
Salt
Pepper

Suggested Herb Toppings:

Rosemary
Basil
Thyme
Pepper
Hot Sauce

• Directions

- Preheat oven to 400°F.
- Trim and peel and cut turnips into large bite-size pieces.
 - Put turnips into a baking pan.
 - Drizzle with olive oil. Use your hands or two large spoons to toss the turnips to coat them thoroughly with the oil. Sprinkle with a teaspoon of salt.
 - Roast turnips until tender and browned, start checking on them after about 30 minutes. Depending on the size and age of the turnips, it may take them up to an hour to get completely tender.

Roasted Turnips

Ingredients

1 lbs. turnips
1 Tbsp. olive oil
Salt
Pepper

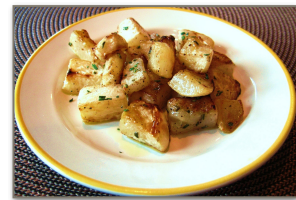
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Why These are great for you

High in calcium for good bone health!

Can prevent against certain types of cancer

Protects your body against inflammation

Tip! Don't forget to cook the turnip greens! Just add them to your favorite stir fry recipe!



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