



MyPlate suggests
making half your plate
fruits and vegetables.

<http://www.choosemyplate.gov/>

Turnips

Did you know?

Turnips are in season from April to July!

One cup of cooked turnips contains only 34 calories!

Turnips are a good source of Vitamin C and potassium.

Fun Fact!

There are two types of turnip: early-crop and main-crop!

FIGHTBAC!

Clean: Wash hands
and Surfaces Often

Separate: Don't
Cross-Contaminate

Cook: Cook to Proper
Temperatures

Chill: Refrigerate
Promptly

<http://www.fightbac.org/>

What am I looking for?

- Look for turnips small to medium in size that are smooth, fairly round and firm.
- If sold in bunches, the tops should be fresh and have a good green color.
- Wash turnips well before use.
- Avoid turnips with too many leaf scars around the tops or turnips flabby roots.

Scalloped Turnips

4 Tablespoon butter or margarine
1/2 cup thinly sliced onions
4 cups peeled, thinly sliced turnips
2 Tablespoon flour
1 teaspoon salt
Freshly ground black pepper
3/4 cup milk
1/3 cup cream

Preheat oven to 350 degrees. Butter a 1-quart casserole. Melt 1 Tbsp butter and lightly sauté onions until just wilted. Layer a third of the sliced turnips in the casserole dish; top with a third of the onion; sprinkle with 2 teaspoons of flour, 1/3 teaspoon of salt, and one grind of pepper; pat with dollops from 1 tablespoon of butter. Repeat this layering twice. Mix milk and cream together and pour over the turnips. Cover and bake in a 350°F oven for 30 minutes, then remove cover and bake for another 30-45 minutes, or until tender and bubbly.

Preparation time: 20 minutes
Cook time: 75 minutes
Serves: 6

Nutrition Facts:
Calories: 210
Total Fat: 13 g
Cholesterol: 40 mg
Sodium: 600 mg
Total Carbohydrate: 17 g
Protein: 7 g

<http://www.simplyrecipes.com/recipes>

Vegetable Joke

Use the pictures provided to find the answer to the joke. Write your answer in the spaces below.

How do you fix a broken tomato?


