

# Maple Glazed Turnips

Try this great maple glaze flavoring over turnips and sweet potatoes!

Makes: 8 servings  
Prep/Cook Time: Approximately 1 hour

Source: [foodhero.org](http://foodhero.org), [recipe/ maple glazed turnips](http://recipe/maple-glazed-turnips)

## Ingredients

- 1 tablespoon margarine or butter
- 3 tablespoons maple syrup
- 1/2 teaspoon cinnamon
- 2 teaspoons lemon juice
- 3 cups turnips, peeled and diced
- 2 cups sweet potatoes, cubed

## Directions

1. Melt margarine and add syrup, cinnamon and lemon juice. Mix turnips and sweet potatoes in a medium casserole dish.
2. Add syrup mixture and stir to coat evenly.
3. Cover and bake at 400 degrees F for 15 to 20 minutes. Uncover and bake until browned (20 to 30 minutes). Serve hot.
4. Refrigerate leftovers within 2 hours.

## Utensils Needed

- Knife
- Cutting Board
- Spoon
- Bowl



Small Changes,  
BIG Difference!



### Nutrition Information

| Serving Size: 1/2 cup |        |
|-----------------------|--------|
| Nutrients             | Amount |
| Calories:             | 80     |
| Total Fat:            | 1.5 g  |
| Saturated Fat:        | 1 g    |
| Cholesterol:          | 5 mg   |
| Sodium:               | 50 mg  |
| Total Carbohydrates:  | 15 g   |
| Dietary Fiber:        | 2 g    |
| Total Sugars:         | 8 g    |
| Added Sugars:         | 0 g    |
| Protein               | 1 g    |

# SHOPPING LIST

Average total cost without oil and seasonings: \$6.37

Average cost/serving: \$0.80

Recipe makes: 8 Servings

Note: The below list of ingredients is a suggestion. Similar ingredients may be purchased based on preference, diet restrictions, budget and location.

## Ingredients



Add 1 to cart  
Butter



Add 1 to cart  
Lemon Juice



Add 1 to cart  
Real Maple Syrup



Add 1 to cart  
Turnips - Bunch



Add 1 to cart  
Cinnamon - Ground



Add 2 to cart  
Sweet Potatoes

## SAVE TIME, SAVE MONEY

## My Cooking Notes

### Tips

- You can use a paring knife or a vegetable peeler to remove the turnips skin or buy precut.
- 100% maple syrup is higher in antioxidant polyphenols than broccoli, blueberries, carrots and tomatoes.

### Similar Recipes

- Try substituting other root vegetables such as kohlrabi, parsnips, carrots, or rutabaga.
- Try other seasonings such as pumpkin spice which features cinnamon, nutmeg, clove, and ginger.
- Cut on costs by reusing these ingredients in other recipes found on [snapedny.org](http://snapedny.org), such as:
  - Mashed turnips and potatoes