

Orange-Glazed Turnips

Earthy flavors of the turnips is nicely complimented by the sweet, and tangy orange glaze.

Makes: 4 servings
 Prep Time: 10 minutes
 Cook time: 20 minutes

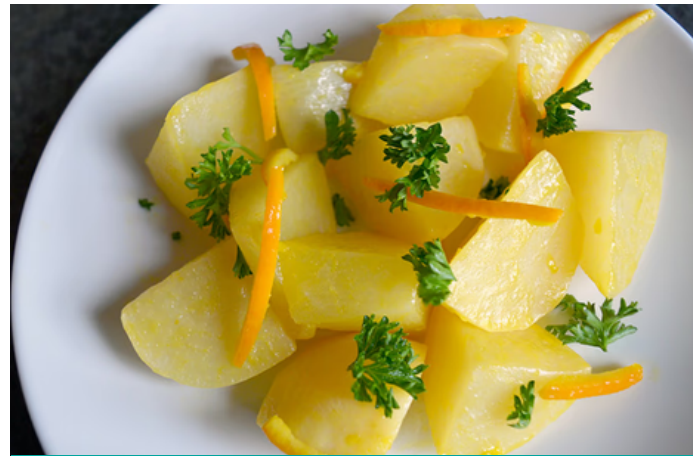
Source: eatfresh.org

Ingredients

- 1 pound turnips small to medium, peeled and quartered
- 3/4 cup water
- 1 orange thinly sliced rind from one whole
- 1/2 cup orange juice fresh, about two oranges
- 1 tablespoon olive oil
- 1 tablespoon honey
- 1/2 teaspoon salt
- 2 teaspoons parsley chopped, optional

Directions

1. Wash hands with soap and water.
2. Arrange turnips in a large skillet and add enough water to reach halfway up turnips. Add orange rind, orange juice, olive oil, sugar, and salt. Boil for ten minutes over medium-high heat, covered, stirring occasionally.
3. Remove cover and boil turnips about 8 minutes, stirring until they are tender and liquid has evaporated. Continue sautéing turnips they turn golden brown. Add 1 tablespoon water and toss turnips until well-coated with glaze.
4. Garnish with parsley and serve.



Small Changes,
 BIG Difference!



Nutrition Information

Serving Size: 3/4 cup	
Nutrients	Amount
Calories:	83
Total Fat:	4 g
Saturated Fat:	<1 g
Sodium:	169 mg
Total Carbohydrates:	12 g
Dietary Fiber:	2 g
Protein	1 g

Utensils Needed

- Knife
- Cutting board
- Skillet
- Mixing Spoon
- Measuring cups & spoons
- Vegetable peeler



This institution is an equal opportunity provider.

SNAP-Ed is funded by USDA's Supplemental Nutrition Assistance Program or SNAP.

SHOPPING LIST

Average total cost without oil and seasonings: \$9.39

Average cost/serving: \$2.35

Recipe makes: 4 Servings

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

Ingredients



Add 2 to Cart
Turnip



Add 1 to Cart
Honey (12 oz)



Add 3 to Cart
Orange

SAVE TIME, SAVE MONEY

My Cooking Notes

Notes

- Honey is not recommended for children under 1 year old.



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