

Sesame Turnips and Carrots

This quick and easy recipe uses carrots and turnips for a warm, fall flavor. Garlic and honey (or brown sugar) work together to create a sweet and savory blend.

Makes: 6 servings
 Prep Time: 15 minutes
 Cook Time: 10 minutes

Source: myplate.gov

Ingredients

- 1 tablespoon vegetable oil
- 2 medium turnips (cut into 1/4-inch cubes)
- 2 medium carrots (cut into 1/4-inch cubes)
- 1/8 teaspoon salt
- 4 cloves garlic, minced or 1 teaspoon garlic powder
- 2 tablespoons sesame seeds
- 3 tablespoons honey (or brown sugar)

Directions

1. Wash hands with soap and water.
2. In a skillet on medium-high heat, add oil and sauté turnips, carrots, and salt until vegetables begin to soften.
3. Stir in garlic and sesame seeds and cook until vegetables begin to brown.
4. Stir in honey. Serve warm.



Small Changes,
 BIG Difference!



Nutrition Information

Serving Size: 1/2 cup

Nutrients	Amount
Calories:	91
Total Fat:	4 g
Saturated Fat:	1 g
Cholesterol:	0 mg
Sodium:	94 mg
Total Carbohydrates:	14 g
Dietary Fiber:	2 g
Total Sugars:	11g
Added Sugars:	8 g
Protein	4 g

Utensils Needed

- Knife
- Cutting board
- Skillet
- Mixing spoon
- Measuring spoons

SHOPPING LIST

Average total cost without oil and seasonings: \$11.36

Average cost/serving: \$1.89

Recipe makes: 6 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
Sesame Seeds (2.2 oz)



Add 1 to Cart
Whole Carrots (2lb bag)



Add 1 to Cart
Honey (12 oz)



Add 1 to Cart
Garlic

SAVE TIME, SAVE MONEY

My Cooking Notes

Notes

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

