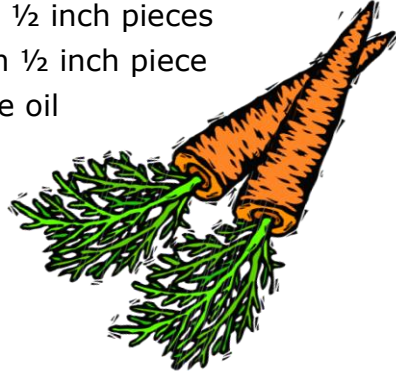




Cornell University
Cooperative Extension

Carrot and Celeriac Stir-Fry

3 cups carrots, peeled and cut in ½ inch pieces
3 cups celeriac, peeled and cut in ½ inch piece
2 Tbsp olive, canola, or vegetable oil
2 Tbsp chopped chives
½ tsp salt
Black pepper to taste



1. In a large pot, cover carrots and celeriac with water and bring to a boil over medium heat. Boil for 5-10 minutes or until vegetables are tender. Drain.
2. Heat oil in a large, deep skillet over medium-high heat. Add vegetables and stir-fry for 5 minutes, or until browned and heated through.
3. Season with ½ tsp salt and pepper to taste. Sprinkle with chives and enjoy!

Makes: 6 servings

Nutrition Information:

CALORIES 100 (45% from fat); FAT 5g (sat 0.5g); CHOLESTEROL 0mg; SODIUM 320mg; CARBOHYDRATE 13g; FIBER 3g; PROTEIN 2g; CALCIUM 6%; IRON 4%



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Mashed Turnips

3 pounds (about 12 cups chopped) purple-topped turnips
¼ cup reduced fat sour cream
½ tsp salt
1½ tsp nutmeg
Black pepper to taste

1. Cut off roots and stems from turnips, peel and cut into cubes.
2. Place turnip cubes in a large pot. Cover partially with water and bring to a boil over medium heat. Cover and cook until tender, about 15-20 minutes. Turnips are done cooking when a fork penetrates easily. Drain well.
3. Mash turnips with a potato masher. Add sour cream salt, pepper, and nutmeg.



Makes: 6 servings

Nutrition Information:

CALORIES 80 (19% from fat); FAT 1.5g (sat 1g); CHOLESTEROL 5mg; SODIUM 350mg; CARBOHYDRATE 15g; FIBER 4g; PROTEIN 3g; CALCIUM 8%; IRON 4%