

Turnips

Turnips Braised with Mustard and Lemon

1 lb small white turnips
1 tablespoon butter
1 teaspoon mustard powder (dry mustard)
2/3 cup stock
2 tablespoons chopped parsley
juice of 1/2 lemon

Heat the oven to 350°. Scrub the turnips and cut them into thin crosswise slices about 3 mm (1/8 in) thick.

Melt the butter in a flameproof casserole or dutch oven on a low heat. Stir in the turnips, cover them and let them sweat for 10 minutes. Sprinkle in the mustard, fold it into the turnips and let everything cook gently for 1 minute.

Pour in the stock and bring it to the boil. Add the parsley and lemon juice. Cover the pan and put it into the oven for 45 minutes.

From www.cookitsimply.com.

Turnips in Orange Sauce

Note that this recipe starts with cooked turnips, which are then finished in the oven.

2 pounds turnips, cut into 1-inch cubes and cooked
½ teaspoon salt
½ cup orange juice
2 tablespoons firmly packed brown sugar
¼ teaspoon ginger
1 tablespoon butter or margarine, melted
1 cup fresh orange sections

Drain turnips and mash. Beat in the salt, orange juice, brown sugar, ginger and butter or margarine. Put into a buttered baking dish and decorate with orange sections. Bake in a 350-degree oven for 5 to 7 minutes.

Serves 4 to 6.

From "Southern Living Vegetable Book,"
food4epicurious.com.

Sauté Mix

Quick Greens

This recipe takes just 10 minutes or less.

Coarsely chop greens. Sauté with olive oil and garlic until wilted. Transfer to serving platter and add cracked black pepper and a splash of balsamic vinegar.

Easy and delicious!

From www.farmcookbook.com, courtesy of Provident Farms, Bivalve, Maryland.

Asian Option:

Splash with Chinese Chile Oil and Soy Sauce

"Greens" Sandwich

Steam Laguna Farm Sauté Mix and drain well. Sprinkle with lemon juice and a dash of garlic powder. Chill.

Cut a whole-wheat pita in half, spread with your favorite mustard, then stuff with the cold, seasoned greens!

Adapted from www.recipesource.com.

Trader Joe Option:

Use Trader Joe's Aioli Mustard! It rocks. You can also water it down a bit to use as a sauce.

Eggplant and Sauté Mix

2 eggplants
3 tablespoons peanut or safflower oil
2-4 cloves garlic, chopped
1 bag Sauté Mix chopped
1 bunch parsley or cilantro, chopped

Asian Sauce: Mix together with a bit of water:

2 cloves garlic, chopped
2 Tablespoons rice vinegar
2 teaspoons sugar
1 Tablespoon soy sauce
Tablespoon dark sesame oil
1 Tablespoon black bean sauce
Cut the eggplants into large-ish bite-sized pieces. Cook them over high heat in the oil, after 2 minutes, add the garlic and stir often, until the eggplants are mostly cooked through. Add the Sauté Mix until it's wilted some, about 1 or 2 minutes.
Add the sauce to the still-hot eggplant mixture. STIR in the parsley or cilantro just after removing from the heat, serve with rice.

From the "Kids' Corner" - Top Hat Pizza Featuring Sweet Peppers

1 7-to 7-1/2-inch round piece whole-wheat pita or pocket bread
3 tablespoons prepared pizza sauce
2 tablespoons chopped bell pepper
2 teaspoons chopped onion
1/8 teaspoon Italian herb seasoning
2 tablespoons grated part-skim mozzarella cheese
1/2 teaspoon grated Parmesan cheese
Preheat oven to 400 degrees F. Using kitchen scissors cut out a circle from top layer of the pita bread, leaving 1-inch of top all around to form an edge or border. Save cutout circle. Place bottom of pita on cookie sheet or baking sheet and place on middle rack in hot oven. Bake 5 minutes. Remove from oven and cool slightly. Spread pizza sauce evenly on top and also under the edge of the pita bread. Sprinkle bell pepper, onion, Italian seasoning and mozzarella cheese evenly on top of sauce. Top with reserved circle of pita bread to form a "hat." Return completed pizza to hot oven for 8 to 9 minutes. Remove pan from oven and sprinkle with Parmesan cheese.

Serves 1.

From healthyfridge.org.