



Turnips with olives

PREP TIME: 8 minutes

SERVING SIZE: 4-6

COOK TIME: 20 minutes

SERVES: 4

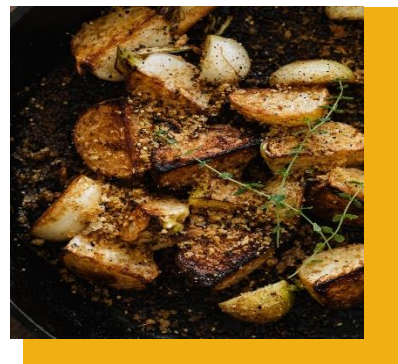
INGREDIENTS

- 1 large turnip
- ¼ cup Kalamata olives, minced
- 1 tbsp extra virgin olive oil
- 1 shallot, chopped
- 1 tsp dried oregano
- 1 tsp ground paprika
- 1 tsp ground cumin
- 2 tbsp ground mustard
- 2 tbsp balsamic vinegar
- ½ tsp Pepper to taste

PREPARATION

1. Preheat oven at 435 F.
2. Rinse and dry turnips. Cut green leaves and place them on the side. Cut the turnip into slices. Peel skin if desired.
3. In a bowl, toss turnip, Kalamata olives, and shallot with olive oil and seasonings. Add pepper to taste
4. Layer them in a baking sheet and cook at 435 F for 20 minutes.
5. Serve as a side dish. Enjoy!

Optional: garnish with parsley



Nutrition Facts

servings per container	
Serving size	(17g)
Amount per serving	
Calories	45
	% Daily Value*
Total Fat 3.5g	4%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 30mg	1%
Total Carbohydrate 3g	1%
Dietary Fiber 1g	4%
Total Sugars 1g	
Includes 0g Added Sugars	0%
Protein 1g	
Vitamin D 0mcg	0%
Calcium 17mg	2%
Iron 1mg	6%
Potassium 26mg	0%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

SOURCE

<https://www.thespruceeats.com/roasted-turnips-2217054>

Recipe modified by CHOICES Nutrition Education Program

Need meal ideas? Visit our recipe database! www.centraltexasfoodbank.org/recipes



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Nabos con aceitunas

TIEMPO DE PREPARACIÓN: 8 minutos

TAMAÑO DE PORCIÓN: 4-6

TIEMPO PARA COCINAR: 20 minutos

PORCIONES: 4

INGREDIENTES

- 1 nabo grande
- ¼ taza de aceitunas Kalamata, en trocitos
- 1 cucharada de aceite de olivo extra virgen
- 1 chalote, picado
- 1 cucharadita de orégano seco
- 1 cucharadita de pimentón molido
- 1 cucharadita de comino molido
- 2 cucharadas de mostaza molida
- 2 cucharadas de vinagre balsámico
- ½ cucharadita de pimienta

PREPARACIÓN

1. Precalentar horno a 435 F.
2. Enjuague y seque los nabos. Corte las hojas verdes y colóquelas a un lado. Cortar el nabo en rodajas.
3. En un tazón mezcle los nabos, las aceitunas Kalamata y la chalota con aceite de olivo y condimentos. Agregue pimienta al gusto.
4. Pónganlos en una bandeja para hornear y cocine a 435 F por 20 minutos.
5. Servir como una guarnición.
Opcional: decorar con perejil



FUENTE (O ADAPTADA DE)

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Receta modificada por CHOICES Programa Educativo de Nutrición

¿Necesita ideas para platillos? ¡Visite nuestro catálogo de recetas!

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