

## Spiced Turnips and Apples

### Ingredients:

- 3 tablespoons olive oil
- 1/2 teaspoon cinnamon
- 1/4 teaspoon pepper
- 3 medium white turnips, peeled and diced
- 1/2 teaspoon salt
- 2 apples, peeled and diced

### Equipment:

- Cutting board
- Knife
- Large non-stick skillet
- Wooden spoon
- Measuring spoons

Number of Servings: 6  
 Prep Time: 10 minutes  
 Total time: 15 minutes

### Directions

1. In a large skillet, heat the oil, cinnamon, and pepper over medium-low heat.
2. Add the turnips, sprinkle with the salt, and toss to coat. Increase the heat to medium and cook, stirring, until the turnips take on some color.
3. Add the apples and cook for 2 minutes. Cover and steam for 5 minutes. Uncover and cook until the turnips are tender, 3 to 5 minutes.

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### Nutrition Facts

Serving Size: 1/2 cup	
Servings: 6	
Amount Per Serving	
<b>Calories 108</b>	Calories from Fat 63
%Daily Value*	
<b>Total Fat</b> 7g	11%
Saturated Fat 1g	5%
<b>Cholesterol</b> 0mg	0%
<b>Sodium</b> 256mg	11%
<b>Potassium</b> 217mg	6%
<b>Total Carbohydrate</b> 12g	4%
Dietary Fiber 2g	9%
<b>Protein</b> 1g	2%
Vitamin A 2%	Vitamin C 35%
Iron 4%	Calcium 2%

\*Percent Daily Values are based on a 2,000 calorie diet.



Did you know that turnips are called "neeps" in England and Scotland?

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