

Indian Spiced Turnips

Makes 2-4 servings

This North Indian dish is a delicious and easy way to serve turnips. Have your child help by cutting the tomatoes and tearing the cilantro.

Ingredients

- 1 tablespoon olive or vegetable oil
- ½ red or white onion, chopped into ¼ inch pieces
- 2 garlic cloves, finely chopped
- 1 inch piece of ginger, peeled and finely chopped
- 1 teaspoon cumin powder
- 1 teaspoon coriander powder
- ½ teaspoon salt
- ½ teaspoon turmeric powder (optional)
- ¼ teaspoon red chili powder (optional)
- 2 tomatoes, chopped into ½ inch pieces
- 1 bunch turnips, chopped into 1 inch pieces
- 1 bunch turnip leaves and stems, chopped
- 2 tablespoons water
- 1 handful of cilantro, leaves torn or chopped



Photo: My Heart Beets

Directions

1. Add the oil to a large pan set over medium heat.
2. When the oil is hot, add the onion and cook until soft, about 5 minutes.
3. Add the garlic and ginger and cook until fragrant, about 1 minute.
4. Add the tomatoes and spices and cook until fragrant, about 1 minute.
5. Add the turnips, turnip greens, and 2 tablespoons water. Cover the pan and cook until the turnips are soft, about 15 minutes. Add more water, one tablespoon at a time, if the turnips look dry.
6. Remove the pan from heat. Sprinkle the cilantro on the turnips.
7. Serve hot with brown rice or whole wheat tortillas and low-fat yogurt.

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