



Turnip Green Soup

8 ounces, fresh turnip greens, chopped or ½ package, frozen turnip greens, thawed and chopped

8 ounces roasted turkey, chopped

1 medium onion, chopped

½ cup fresh carrot, chopped

1 cup, potato, peeled and diced

½ clove garlic, minced

1 15 ounce can white beans

1 14 ounce can chicken broth

1 teaspoon salt

1 cup water

1 teaspoon crushed red pepper flakes

If using fresh greens, cook until tender.

Chop fresh or frozen turnip greens, roasted turkey, onion, and carrot.

Peel and dice potato and garlic clove.

Place chopped vegetables and chopped roasted turkey in a large soup pot.

Drain and rinse white beans. Add beans, chicken broth, salt, and 1 cup water or enough to cover all

ingredients. Stir well.

Place pot on stove and bring to a boil.

Add red pepper flakes.

Cover, reduce heat, and simmer one hour, stirring frequently.

Yield: 6, 1 cup servings

Nutritional Analysis: 120 calories, 3.5g fat, 12 g protein, 10 g carbohydrate, 3 g fiber, 30 mg cholesterol, 420 mg sodium.

Buying Kentucky Proud is easy. Look for the label at your grocery store, farmers' market, or roadside stand.



Turnip Green Soup

8 ounces, fresh turnip greens, chopped or ½ package, frozen turnip greens, thawed and chopped

8 ounces roasted turkey, chopped

1 medium onion, chopped

½ cup fresh carrot, chopped

1 cup, potato, peeled and diced

½ clove garlic, minced

1 15 ounce can white beans

1 14 ounce can chicken broth

1 teaspoon salt

1 cup water

1 teaspoon crushed red pepper flakes

If using fresh greens, cook until tender.

Chop fresh or frozen turnip greens, roasted turkey, onion, and carrot.

Peel and dice potato and garlic clove.

Place chopped vegetables and chopped roasted turkey in a large soup pot.

Drain and rinse white beans. Add beans, chicken broth, salt, and 1 cup water or enough to cover all

ingredients. Stir well.

Place pot on stove and bring to a boil.

Add red pepper flakes.

Cover, reduce heat, and simmer one hour, stirring frequently.

Yield: 6, 1 cup servings

Nutritional Analysis: 120 calories, 3.5g fat, 12 g protein, 10 g carbohydrate, 3 g fiber, 30 mg cholesterol, 420 mg sodium.

Buying Kentucky Proud is easy. Look for the label at your grocery store, farmers' market, or roadside stand.



Kentucky Turnip Greens

SEASON: May through June and September through November.

NUTRITION FACTS: Greens are a source of vitamins A and C. A half-cup serving contains 20 percent of calcium needed daily. Greens are low in calories, with 20 to 30 calories per half-cup serving.

SELECTION: Look for bright green leaves that are fresh, young, moist, and tender.

STORAGE: Store greens in the coldest part of the refrigerator for no more than 2 to 3 days.

PREPARATION: Wash greens well in warm water. Remove roots, rough ribs, and center stalks if they are large or fibrous.

TO COOK Add washed greens to a medium-size saucepan with ¼ inch water. Bring water to a boil. Cover and cook until tender. Leafy greens cook in 1 to 3 minutes. Crisp and tender greens may

Source: www.fruitandveggiesmatter.gov

require 5 to 10 minutes. Seasonings and herbs will enhance the flavor without adding salt. Try allspice, lemon, onion, nutmeg, or vinegar.

TO FREEZE Wash young, tender green leaves thoroughly and cut off woody stems. Blanch greens for 2 to 3 minutes, cool, drain, and package. Leave ½ inch headspace, seal, label, and freeze. Greens can be stored for up to 1 year in the freezer.

TURNIP GREENS

Kentucky Proud Project

County Extension Agents for Family and Consumer Sciences
University of Kentucky, Nutrition
and Food Science students

August 2010

Educational programs of Kentucky Cooperative Extension serve all people regardless of race, color, age, sex, religion, disability, or national origin. For more information, contact your county's Extension agent for Family and Consumer Sciences or visit www.ca.uky.edu/fcs.



Kentucky Turnip Greens

SEASON: May through June and September through November.

NUTRITION FACTS: Greens are a source of vitamins A and C. A half-cup serving contains 20 percent of calcium needed daily. Greens are low in calories, with 20 to 30 calories per half-cup serving.

SELECTION: Look for bright green leaves that are fresh, young, moist, and tender.

STORAGE: Store greens in the coldest part of the refrigerator for no more than 2 to 3 days.

PREPARATION: Wash greens well in warm water. Remove roots, rough ribs, and center stalks if they are large or fibrous.

TO COOK Add washed greens to a medium-size saucepan with ¼ inch water. Bring water to a boil. Cover and cook until tender. Leafy greens cook in 1 to 3 minutes. Crisp and tender greens may

Source: www.fruitandveggiesmatter.gov

require 5 to 10 minutes. Seasonings and herbs will enhance the flavor without adding salt. Try allspice, lemon, onion, nutmeg, or vinegar.

TO FREEZE Wash young, tender green leaves thoroughly and cut off woody stems. Blanch greens for 2 to 3 minutes, cool, drain, and package. Leave ½ inch headspace, seal, label, and freeze. Greens can be stored for up to 1 year in the freezer.

TURNIP GREENS

Kentucky Proud Project

County Extension Agents for Family and Consumer Sciences
University of Kentucky, Nutrition
and Food Science students

August 2010

Educational programs of Kentucky Cooperative Extension serve all people regardless of race, color, age, sex, religion, disability, or national origin. For more information, contact your county's Extension agent for Family and Consumer Sciences or visit www.ca.uky.edu/fcs.

