

Squash, Apple, & Onion au Gratin

Makes 6 servings.



Ingredients:

- 4-5 cups butternut squash
- 1 Large onion, sliced and separated into rings (about 1 cup)
- 1 Tablespoon butter
- 1 Cup thinly sliced apple (1 medium)
- 3 Tablespoons fine dry bread crumbs
- 3 Slices bacon, crisp cooked, and crumbled
- 2 Tablespoons pecans, chopped
- 1 Tablespoon grated Parmesan cheese

Directions:

1. Set oven to 350° F.
2. Peel, seed, and dice squash to ½ inch pieces.
3. Cook onion rings in 1 tablespoon butter 5-10 minutes until tender.
4. Arrange half of the squash in a 9x9 pan.
5. Layer half of the apple slices over squash.
6. Add the rest of the squash over apple slices.
7. Layer remaining apple slices over squash.
8. Spread the cooked onion rings over top of the baking dish.
9. Bake at 350° F for 45 minutes.
10. Combine bread crumbs, bacon, pecans, and Parmesan cheese.
11. Sprinkle topping over casserole.
12. Bake 15 minutes or until squash is tender.

Turnip and Potato Mash

Makes 4 servings.

Ingredients:

- 2 cups turnips, peeled and cut into cubes
- 3 cups white potato cut into cubes
- Salt and pepper to season

Directions:

1. Boil potatoes and turnips together in salted, boiling water about 17-20 minutes or until both are tender.
2. Drain pot and continue heating on medium heat 5-10 minutes to evaporate remaining water.
3. Season with salt and pepper.
4. Mash turnips and potatoes with a fork before serving.



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Mexican Turkey and Bean Soup

Makes 7 servings.

Ingredients:

- ¾ cup wild rice uncooked
- 1 teaspoon olive or vegetable oil
- ½ cup chopped onion
- 1 cup coarse chopped turkey
- 1 teaspoon ground cumin
- ¼ teaspoon garlic powder
- 1/8 teaspoon hot pepper sauce (optional)
- 2 cans (15oz) great northern white beans (undrained)
- 1 can (15oz) white whole kernel corn, drained
- 1 can (16oz) fat-free, less sodium chicken broth
- 1 can (4.5oz) chopped green chiles, drained
- 7 Tablespoons low-fat sour cream

Directions:

1. Cook wild rice separately by boiling with 2½ cups water about 30 minutes or until tender.
2. Heat oil in a skillet over medium high heat.
3. Add chopped onion and sauté 5 minutes.
4. Combine onions, turkey, cumin, garlic powder, hot pepper sauce, beans, corn, chicken broth, and chiles in a large soup pot or Dutch oven.
5. Bring soup to a boil, cover, reduce heat, and simmer 15 minutes.
6. Stir in wild rice and simmer 5 minutes.
7. Top each serving with 1 Tablespoon sour cream.



Spiced Wild Plum Sauce

Makes about 1 cup of sauce.



Ingredients:

- 1 cup wild plum jam or jelly
- 1 Tablespoon apple cider vinegar
- ½ teaspoon minced dried onion or 2 Tablespoons fresh onion
- ¼ teaspoon dry mustard
- Dash of nutmeg
- Dash of cloves
- Fresh ground black pepper to taste
- ¼ teaspoon fresh ginger root, grated or 1/8 teaspoon ground ginger

Directions:

1. Combine all ingredients except for ginger in a saucepan.
2. Stir until well blended.
3. Place over medium heat and stir until sauce begins to boil.
4. Reduce heat and cook for 1 minute, stirring constantly.
5. Remove from heat and add ginger.

This sauce can be used in a variety of ways and dishes. Serve warm over pork chops or chicken. Use in stir fries for a sweeter, spiced sauce. Or use sauce to marinate ribs or roasts in a slow cooker.

Truths about Turnips

The turnip- also referred to as a *neep* in northern England or Scotland- is a root vegetable growing up to 5-20 centimeters in diameter. Members of the cruciferous vegetable family, turnips are classified together with cabbage and broccoli. They typically have a white or purplish colored bulbous root. The turnip greens are large, characteristically bitter green leaves.

Turnip roots are high in vitamin C. The leaves provide a good source of vitamins A, C and K, folate, and calcium. Turnip greens are also high in lutein, a pigment found concentrated in part of the human eye that has been shown to correlate with decreased risk of some ocular diseases.

The turnip roots and leaves can both be used in a variety of dishes. Turnip tops are a common side dish in southeastern U.S. cooking. The roots can be scalloped and mashed like potatoes or used as common ingredients in stews, soups, and casseroles.

A paired gene in humans controls sensitivity to bitterness in turnips. Individuals who have two copies of the “sensitive” gene find foods such as turnips and rutabagas twice as bitter compared to people without this gene.



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