

Turnip Greens

Component: Vegetable

Side Dish

Recipe #KSU Developed

Ingredients	50 Servings		_____ Servings		Directions
	Weight	Measure	Weight	Measure	
Turnip greens, fresh, untrimmed OR Turnip greens, frozen, chopped	15 lb 7 oz OR 10 lb 8 oz				<ol style="list-style-type: none"> 1. For fresh greens, trim, remove stems, and then rinse under cold running water. Chop the leaf portion into 1/2-inch pieces for even cooking. 2. For fresh or frozen, steam or boil for about 8-10 minutes. For boiling, only add enough water to cover the greens. 3. Remove from heat when leaves are tender. 4. CCP: Cook to a temperature of 135° F or above. 5. CCP: Hold at 135° F or above. 6. Drain and serve.

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Notes:

Nutrient information calculated using Food Processor for boiled, drained, turnip greens

Serving: ½ cup, chopped, cooked vegetable, leaves only

1-2 years: ⅛ cup

3-5 years: ¼ cup

6-18 years: varies, see menu

Nutrients Per Serving

Calories	24	Saturated Fat	0.08 g	Iron	1.59 mg
Protein	2.75 g	Cholesterol	0 mg	Calcium	124.64 mg
Carbohydrate	4.08 g	Vitamin A	441.36 RAE mcg	Sodium	12.30 mg
Total Fat	0.34 g	Vitamin C	17.88 mg	Dietary Fiber (2016)	2.79 g