

Turnip & Cabbage Salad

Maple Lemon Dressing



INGREDIENTS:

- ✓ 4 medium turnips
- ✓ 3 cups green cabbage, shredded
- ✓ ¼ cups dried cranberries
- ✓ ¼ cup sunflower seeds or
- ✓ ¼ cup pumpkin seeds
- ✓ ¼ cup fresh dill, coarsely chopped
- ✓ ¼ cup extra virgin olive oil
- ✓ 3 T. pure maple syrup
- ✓ Zest of 1 lemon
- ✓ Juice of 2 lemons
- ✓ 1 garlic clove, minced
- ✓ ¼ tsp. kosher salt
- ✓ ¼ tsp. freshly ground black pepper

INSTRUCTIONS:

Using a sharp knife, remove the long stems from the turnips. Shred the turnips and cabbage using the mediums holes or a food processor fitted with the shredder disk. Combine the turnips, cabbage, cranberries, seeds and dill in a large serving bowl.

In a small jar with a tight fitting lid, combine the olive oil, maple syrup, lemon zest, lemon juice, garlic, salt, and pepper.

Shake to thoroughly combine. Pour the dressing over the salad and toss to coat well.

Let sit for about 20 minutes before serving.

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Selecting a Turnip:

Look for turnips with smooth skin. They should feel firm and heavy with crisp green tops.

Check for a sweet aroma.

Turnips are, generally, white at the bottom with a light purple blush on the top.

Those that are small have the sweetest, most tender flavor. The smaller turnip can be eaten raw, such as when sliced and added to salads. The larger the turnip, the more woody it tends to be.



Nutrition Facts:

Turnips are a great source of:

- Vitamin A for healthy growth and development, and for good vision
- Vitamin C for fighting infections and healing.
- Vitamin K and Calcium for strong bones.
- Folate for a healthy brain.
- Lutein for healthy eyes and heart.
- Turnip greens have a large amount of calcium for strong bones.
- Turnips contain a compound which is praised for its cancer prevention properties!

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