



# Recipe of the Month

## TURNIP GREEN SOUP

### Turnip Greens

Leafy greens are an important addition to a healthy diet. They contain few calories, little fat, and no cholesterol. Plus, they taste great. Greens that we eat in Kentucky can be grown throughout most of the year. Some greens grow best in colder weather so you may see them at the Farmer's Market at the beginning and towards the end of the growing season. There are various types of greens that are grown in Kentucky. The most popular are mustard, collard, kale, and turnip greens.

Turnip greens are a crop that originated in Asia during the time of the Roman era. The popularity of turnip greens soon came to the United States and it became a delicacy of the south. Turnip greens have flat, fuzzy leaves on long stems. Tender and sweet when young, they become tough and bitter with age. Select turnip greens that are bright in color and have crisp leaves and slender stems. A one cup serving of cooked turnip greens contains 25 calories. They are a good source of vitamin A, C, and K, and provide about 10 percent of the daily need for calcium.

Turnip greens also help the body to produce cells, strengthen bone, and help regulate kidney function. Turnip greens are at their peak from October to March and can be prepared in a variety of ways such as steaming,

boiling, sautéing, or stir-frying. Wash all greens thoroughly before using. Store greens in the coldest part of the refrigerator for 2 to 3 days.

### Collard Greens

Collards are the oldest known greens in the cabbage family, dating back to ancient times. They grow best in warm weather, although they can withstand the cold temperatures of late fall. The flavor is often enhanced by a light frost.

### Mustard Greens

Mustard greens are the most pungent of the cooking greens and lend a peppery flavor to food. They are often found in many Chinese, African- American, and southern dishes. The mustard plant has crumpled or flat leaves that may have scalloped, frilled, or lacy edges. This plant produces the brown seeds that are used to make Dijon mustard.

### Kale

Kale has long ruffled leaves that resemble large parsley sprigs and hues that vary from lavender to chartreuse. Kale has a mild cabbage-like taste and delicate texture.

Kale can grow in colder temperatures and can withstand a frost, which actually produces sweeter leaves. Kale grows well in the hot weather of the south and will grow in poor soil.

### Presentation Plan

#### Grocery list:

Fresh or frozen greens, (for product and display), roasted turkey, onion, carrot, potatoes, garlic, canned beans, chicken broth, water, salt, and crushed red pepper flakes.

#### Equipment needs:

Cutting board, chef knife, paring knife, large soup pot, measuring spoons and cups, can opener, ladle, large wooden spoon, small clear bowls, serving bowls and utensils.

#### Display preparation:

- Cover display table with bright cloth or placemats for two display areas – commodities, ingredients, and "plate it up" meal.
- Arrange several types of fresh greens in containers for display.
- Arrange recipe ingredients in clear display bowls.
- Have bowls and utensils available for sampling.

#### Demonstration steps:

1. Discuss focus commodities and talking points.
2. Prepare recipe, discussing function of ingredients.
3. Ladle soup into serving bowl and discuss menu options to "plate it up"!

## 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

**Directions:** 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:** 1 cup servings

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

**Source:** [www.fruitsandveggiesmatter.gov](http://www.fruitsandveggiesmatter.gov)

September 2010

### Kentucky Proud Project

Kimberly Adams-Leger, Nicholas County Extension Agent for Family and Consumer Sciences

Sara Talbott, Anderson County Extension Agent for Family and Consumer Sciences

University of Kentucky, Nutrition and Food Science students