

TURNIP SALAD

Ingredients:

4 turnips, peeled and chopped
1 bunch green onion, chopped
2 Granny Smith apples, peeled, cored and chopped
4 slices canned pineapple, chopped
½ cup white sugar

The dressing:

4 Tbsp vegetable oil
1 Tbsp water
1 tsp salt
¼ tsp black pepper

Tip: use more pineapple or apples to substitute for some of the sugar. For the dressing, substitute water with juice and skip the black pepper all together.



Instructions:

- Bring a large pot of salted water to a boil. Throw in the turnips and cook for about 15 minutes.
- Drain the water and let the turnips cool.
- Combine turnips, green onions, apples, pineapple and sugar in a large bowl. Stir well.
- Whisk together the oil, water, salt and pepper.
- Add the dressing to the salad and mix. Chill in the fridge before serving.

Serves 4

Good to know

Do not confuse the turnip with rutabaga. It's true, they are related. However, turnips are smaller in size and have a white flesh (as opposed to yellow) with a purple top. It is usually available during the summer, before rutabaga.