

Raw Turnip and Carrot Salad

- medium turnips, peeled and grated
- medium carrots, peeled and grated
- 1/2 cup chopped parsley
- cup raw pumpkin seeds
- juice of 1/2 lemon
- Tbsp. olive oil
- Sea salt to taste

Place the turnips, carrots, and parsley and pumpkin seeds into a salad bowl. Add the lemon juice and olive oil. Season with salt and toss to combine.

Roasted Turnips with Parmesan

- 2 pounds turnips (about 4 medium), peeled
- 1/8 teaspoon cayenne pepper
- 1/4 teaspoon ground nutmeg
- 2 tablespoons extra-virgin olive oil
- Coarse salt and ground pepper
- 1/4 cup grated Parmesan (1/2 ounce)

Preheat oven to 475 degrees. On a rimmed baking sheet, combine turnips, cayenne, nutmeg, and oil. Season with salt and pepper and toss well to coat. Sprinkle with Parmesan and toss gently to combine. Arrange turnips in a single layer and roast until golden on both sides, 25 to 30 minutes, flipping halfway through.

Turnip Hash Browns

- 1/2 pound bacon, chopped (preferably local/pastured, no added sugar)
- 4 cups peeled and shredded turnip (2 large, or 4 small)
- 8 scallions OR handful of chives, chopped
- 1/4 cup + 2 Tbsp. butter (preferably from pastured cows)
- 4 eggs, beaten (again, preferably pastured/local)
- sea salt (my rule is one pinch of salt per serving)

1. Over medium-high heat, cook bacon bits until crispy, periodically pouring out the grease as it builds up. If the grease is from pastured animals, retain it for future cooking. When the bacon bits are crispy, drain and set aside on a paper towel-lined plate.
2. While the bacon is cooking, shred the turnips if you haven't already done so (I used my food processor). Place the shredded turnips inside a cheesecloth or thin dishtowel and wring out the excess liquid.
3. Reduce heat to medium. Melt the butter and add the turnip and scallions/chives. Stir the turnips to coat them with butter. Cook, stirring occasionally for 10-15 minutes, until turnips are browned and getting crispy.