

Balsamic-Glazed Turnips and Baby Greens

Kathy's Note: I grew up believing that turnips were big, white waxed vegetables with a starchy, awful taste. Then I taste baseball-sized purple-topped turnips, roasted in a 400 degree oven and was wowed! Turnips are sweet and juicy and make for excellent eating. Here they are roasted and tossed with balsamic vinegar (which gives them a gorgeous glaze) and then served with mixed winter greens.

The Turnips

1 pound small or medium purple-topped or white turnips, greens trimmed and ends trimmed

1 1/2 tablespoons olive oil

Salt and freshly ground black pepper

1 1/2 tablespoons balsamic vinegar

The Salad and Vinaigrette

4 cups baby mixed greens, (baby arugula, spinach, sprouts, etc)

1 1/2 teaspoons Dijon-style mustard

Salt and freshly ground black pepper

1 tablespoon plain yogurt

1 tablespoon wine vinegar

½ tablespoon balsamic vinegar

3 tablespoon olive oil

Preheat the oven to 400 degrees. Cut large turnips into quarters, medium-size ones in half and leave small (1-inch or so) turnips whole. Place in a medium size roasting pan or oven-proof skillet and toss with the olive oil, salt, and pepper. Roast for 15 minutes. Add the balsamic and toss to coat all the turnips. Roast another 15 or 20 minutes, tossing the turnips once or twice so they brown evenly on both sides, and roast until they are just tender when pierced with a small, sharp knife. Remove from the oven and let cool about 5 to 10 minutes until they are warm.

Meanwhile place the greens in the center of a large plate or bowl.

Make the vinaigrette: in a small bowl mix the mustard, salt, and pepper. Stir in the yogurt. Add the vinegars and then the oil and stir to make a smooth dressing. The vinaigrette can be made several hours ahead of time; cover and refrigerate until ready to use.

Arrange the warm turnips around the edges of the salad plate or bowl. Serve the dressing on the side. Serves 2 to 4.

From Notes from a Maine Kitchen by Kathy Gunst (Down East Books, 2011)