

featured recipe

Maple Glazed Turnips

Serving size: 1/2 cup Servings per recipe: 8

Ingredients

- 1 tablespoon margarine or butter
- 3 tablespoons maple syrup
- 1/2 teaspoon cinnamon
- 2 teaspoons lemon juice
- 3 cups turnips, peeled and diced
- 2 cups sweet potatoes, cubed



Instructions

1. Preheat oven to 400 degrees.
2. Melt margarine and add syrup, cinnamon and lemon juice.
3. In a medium casserole, mix turnips and sweet potatoes. Add syrup mixture and stir to coat evenly.
4. Cover and bake for 15 to 20 minutes. Uncover and bake until browned (20 to 30 minutes).

Source: Food Hero

Save money while making meals and memories together.



Here are three tips for planning family meals, and stretching your food dollar.

1. Map out your meals each week. Avoid mealtime stress by planning a weekly menu with your family. Include meals like stews, casseroles, or soups, which “stretch” expensive items into more portions.
2. Plan time for family meals. Cook, eat, and clean up together! Use your valuable family time to “unplug,” interact, and focus on each other.
3. Cook once, eat twice! Prepare enough of a dish to eat multiple times. Freeze family sized portions for meals later in the month.

Did you know about 90 billion pounds of food are wasted each year? Find out more at *Let's Talk Trash* on MyPlate.gov



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