

# Breakfast Skillet: Turnip Edition

## INGREDIENTS

- 1 Tbsp red wine vinegar
- 1 Tbsp olive oil
- 8 slices of low-sodium bacon, sliced 1-inch pieces
- 1 medium onion, thinly sliced
- 4 garlic cloves, minced
- 2 large turnips, diced 1-inch cubes (save turnip greens)
- 2 medium potatoes, diced 1-inch cubes
- ¼ tsp of salt
- 1 Tbsp parsley, chopped
- Optional: turnip greens or 1 bunch kale, coarsely chopped

**Nutrition Facts 6 servings; 1 serving contains:**  
**Calories 165 kcal; Fat 7g; Saturated Fat 2g;**  
**Cholesterol 12mg; Carbohydrates 20g; Fiber 4g;**  
**Protein 7g; Sodium 260mg**



## RECIPE TIP

If turnip greens are still intact, wash, coarsely chop, and add greens to the last 1-2 minutes of cooking for a boost in nutrients.

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## INSTRUCTIONS

1. Cook bacon in large skillet over medium heat for 3-4 minutes.
2. While waiting on the bacon, slice onion, mince garlic, and chop turnips, potatoes, and greens.
3. Add olive oil, onion, and garlic to skillet, sauté until golden, for about 5 minutes.
4. Add turnips and potatoes and toss mixture.
5. Reduce heat to medium-low and cover. Let vegetables cook until tender, stirring occasionally, 10-15 minutes.
6. Sprinkle with vinegar and toss vegetables. Cook, uncovered, until crispy and golden brown, about 5-10 minutes.
7. Add greens and cook until tender, 1-2 minutes.
8. Season to taste with salt & pepper.
9. Sprinkle chopped parsley or any fresh herb on hand.

Recipe adapted from:

<https://www.bonappetit.com/recipe/skillet-turnips-and-potatoes-with-bacon>



## RECIPE TIP

Add sweet potatoes or purple potatoes for color and variety.

