



*Preparation time: 5 minutes*

*Cooking time: 25 minutes*

### **Ingredients for 4**

- 6 large turnips
- 4 cups veggies stock
- 6 cloves garlic
- 2 tablespoons olive oil
- 4 tablespoons Greek yogurt
- Paprika
- Salt and pepper

## **Turnip Soup**

*Yes, you read right... Turnip soup. Quite impressive!*

Heat the oil in a small pan over medium heat and sauté the garlic until golden. Remove from heat and set aside.

Bring 4 cups veggie stock to a boil in a pot and add the turnips. Reduce heat and cook until tender, about 20 minutes.

Add the roasted garlic to the turnip and puree with a hand blender. It should be very smooth.

Season with salt and pepper.

Serve with a spoonful of yogurt and sprinkle with paprika.



*Preparation time: 20 minutes*

*Cooking time: 25 minutes*

### **Ingredients for 4**

- 1 and 1/2 cups Basmati rice
- 3 tablespoons olive oil
- 1 onion, chopped
- 2 shallots, finely chopped
- 2 leeks, sliced
- 4 scallions, finely sliced
- 2 carrots, cut in julienne (1 inch long thin strips)
- 2 turnips, cut in julienne
- 3 cloves garlic, minced
- 1 tablespoon fresh ginger, finely chopped
- 3 eggs
- 1 tablespoon canola oil
- 2 tablespoons soy sauce
- Salt and pepper

## **Roots Fried Rice**

*A lavish veggie kick to the otherwise dull fried rice.*

First prepare the rice - Bring 3 cups of salted water to a boil in a saucepan. Add the rice and bring to a boil again. Cover and turn off the heat but leave the saucepan on the burner. It takes about 15 minutes for the rice to cook.

In the meantime, heat 2 tablespoons olive oil in a large pan on medium heat. Sauté the shallots, onions, scallions, and leeks until golden, about 7 minutes. Add the ginger and garlic and sauté another 2 minutes. Season with salt and pepper. Set aside.

Beat the eggs in a small bowl, and season with salt. In another pan, heat the canola oil over medium heat and cook the eggs for 2 minutes, then flip and cook another minute. Chop coarsely and add to the onion mixture.

Heat the remaining olive oil in the pan on medium heat and sauté the carrots and turnips until slightly charred, about 5 minutes. Add to the onion mixture.

Now heat the onion mixture on medium heat and add the rice. Cook for 2 minutes while stirring. Add the soy sauce and cook for another 2 minutes while stirring.

Enjoy! This is a very delicious fried rice.



Preparation time: 10 minutes

Cooking time: 40 minutes

### Ingredients for 4

- 3 turnips (or parsnips), peeled, cut in coarse julienne (1 inch long, 1/2 inch wide)
- 1 red onion, sliced
- 2 or 3 garlic heads, top removed
- 2 sweet potatoes, peeled, cut in coarse julienne (1 inch long, 1/2 inch wide)
- 1 teaspoon thyme leaves
- 1 teaspoon rosemary leaves
- 3 tablespoons olive oil
- 1/2 pound cherry tomatoes
- Salt and pepper

**Ingredients for the Sauce:** 2 tablespoons lemon juice, 4 tablespoons capers, 2 teaspoons maple syrup, 1/2 teaspoon Dijon mustard, 1 tablespoon olive oil, toasted sesame seeds (optional)

## Roasted Roots

*A dish for a king, I can never grow tired of roasted roots... They are simply enchanting!*

Preheat oven to 385F.

Mix the turnips, onion, garlic heads, and sweet potatoes with thyme, rosemary, olive oil, salt and pepper.

Arrange in a baking dish and bake for 30 minutes.

Add the tomatoes and bake another 10 minutes.

If you feel like the veggies are not roasted enough, broil for 5 minutes.

Mix all the ingredients of the sauce, and pour over the warm veggies.

Enjoy immediately.

