Recipe For Health | NOVEMBER 2011

TURNIP SLAW

With green onion and cilantro, this slaw is packed with flavor!

by Chef Kurt Kwiatkowski Featured Food: Turnips

Yield: Serves 4-6

Ingredients

1/4 c. diced red pepper 1 T. sugar

 $\frac{1}{4}$ c. bias cut chiffonade green onion Salt and pepper to taste

2 T. chopped fresh cilantro

Preparation

Wash turnips thoroughly in clear water. Remove the greens leaving enough of the stems for grasping. Peel the turnips then use a grater to shred the turnips into a large bowl. Toss with peppers, onions and cilantro.

In a small bowl, whisk together yogurt, sugar, salt and pepper. Pour dressing over vegetable mixture and toss to combine.

Refrigerate for at least $\frac{1}{2}$ hour. Taste before serving; adjust salt and pepper as needed.