

Rutabaga Oven Fries

Ingredients

- 1 Rutabaga, peeled and cut into spears
- 1 tsp olive oil
- 4 sprigs fresh rosemary, minced
- 3 cloves garlic, minced
- 1 pinch salt to taste

Directions

1. Preheat Oven to 400 degrees F.
2. Combine all ingredients. Toss until evenly coated.
3. Lay spears onto baking sheet, leaving spacing for crisping. Bake until cooked through and crisp, about 30 minutes.

Baked Rutabaga

Ingredients

- 2 or 3 medium sized rutabagas
- 1 tbsp. sugar
- 1 tsp. salt
- 1/8 tsp. pepper
- 1/4 c. butter
- 1/2 c. milk
- 1 tbsp. flour

Directions

1. Peel and slice rutabagas.
2. Cook in salted water until soft. Drain.
3. Mash and add sugar, milk, flour, and pepper. (Canned milk is best)
4. Beat until consistency of mashed potatoes.
5. Pour into greased loaf pan and dot with butter.
6. Bake at 350 for about 45 minutes, until brown peals appear.

Unstuffed Cabbage

Ingredients

- ½ pound lean ground beef or ground turkey
- 1 (14oz) can stewed tomatoes, No Salt Added
- 1 small onion, sliced
- 1/8 tsp cayenne pepper
- 1 ½ cups cooked rice
- ½ medium head of cabbage, chopped in bite-size pieces

Directions

1. In large pan, cook beef/turkey until meat loses its pink color, drain off fat.
2. Stir, tomatoes, onion and pepper in with meat.
3. Sprinkle COOKED rice and cabbage on top of meat mixture.
4. Cover and simmer on low heat for 20 minutes. Stir cabbage and rice into meat mixture and cook 5 minutes longer.

4 (1 cup) servings

Turnip Greens Soup

Ingredients

- 1 (27 ounce) turnip greens OR 3 Cups cooked fresh turnip greens, seasoned
- 1 -2 (16 ounce) can(s) reduced sodium chicken broth
- 1 (10 ounce) can Rotel tomatoes & chillies DO NOT DRAIN
- 1 (15 ounce) can great northern beans, rinsed & drained
- 1 (15 ounce) can black-eyed peas, rinsed & drained
- 1 (15 ounce) can pinto beans or kidney beans, rinsed & drained
- 1 pound smoked TURKEY sausage, diced & saute'd with 1 large onion, chopped
- ½ teaspoon garlic salt
- 1 teaspoon Creole Seasoning
- 1 teaspoon pepper
- 1 Tablespoon Tabasco or Hot Sauce

Directions

1. Drain & Rinse all canned beans.
2. Saute' chopped onion & TURKEY sausage in 1 teaspoon margarine.
3. Add all ingredients to a large pot. Simmer uncovered for 30 minutes.

Serve with cornbread

Baked Sweet Potato Sticks

Ingredients

8 sweet potatoes, sliced length-wise, like thick steak fries

1 Tablespoon vegetable oil

½ teaspoon garlic salt, pepper and paprika

Directions

1. Wash sweet potatoes thoroughly and slice into thick sticks.
2. Combine oil and spices in large bowl.
3. Coat sweet potato sticks in seasoned oil.
4. Place on oiled (or vegetable spray) baking sheet pan
5. Bake at 400 degrees for 40-50 minutes until crisp on outside & soft in center.