

Thanksgiving Vegetables!

November 2018 What's Cooking Rutland

Mashed Turnips and Potatoes (foodhero.org)

Prep time: 15 minutes **Cooking time:** 20 minutes **Makes:** 3 cups

Ingredients

1/2 pound **turnips**, peeled and diced
1 pound **potatoes**, peeled and cubed
1/4 cup **light sour cream** or **buttermilk**
1/2 teaspoon **salt**
1/4 teaspoon **pepper**
1/2 teaspoon **garlic powder**

Directions

1. Boil turnips and potatoes in enough water to cover until tender, 15 to 20 minutes.
2. Drain vegetables and mash.
3. Stir in sour cream, salt, pepper, and garlic powder. Serve hot.
4. Refrigerate leftovers within 2 hours.

Savory Sweet Potatoes (foodhero.org)

Prep time: 10 minutes **Cooking time:** 30 minutes **Makes:** 2½ cups

Ingredients

3 1/2 cups **sweet potatoes**, peeled and diced (2 medium)
1 Tablespoon **oil**
1 teaspoon **salt**
1/2 teaspoon **sugar**
2 teaspoons **italian seasoning**
1/4 teaspoon **pepper**

Directions

1. Preheat oven to 400 degrees. Line a baking sheet with foil.
2. Mix the sweet potato cubes with the oil, salt, sugar, Italian seasoning and pepper so that each piece is coated.
3. Arrange cubes in a single layer on the baking sheet.
4. Bake for 10 minutes, stir or turn cubes, bake an additional 10 minutes or until tender and golden brown.

Butternut Apple Crisp (foodhero.org)

Prep time: 15 minutes **Cooking time:** 45 minutes **Makes:** 4 cups

Ingredients

1 small **butternut squash** (about 1 pound)
3 medium tart **apples** [3" diameter], peeled and sliced
2 Tablespoons **lemon juice**
3/4 cup packed **brown sugar**
1 Tablespoon **corn starch**
1 teaspoon **ground cinnamon**
1/2 teaspoon **salt**

Oat Topping Ingredients:

1/2 cup all-purpose **flour**
1/2 cup quick-cooking **oats**
1/4 cup **brown sugar**, packed
6 Tablespoons cold **butter** or **margarine**

Directions

1. Heat oven to 375 degrees F.
2. Peel squash and cut in half lengthwise; discard seeds. Cut squash into thin slices.
3. In a large bowl, toss the squash, apples and lemon juice.
4. In a separate bowl, combine the brown sugar, cornstarch, cinnamon and salt; stir into squash mixture.
5. Lightly spray or oil 13" x 9" x 2" baking dish. Transfer squash mixture to baking dish. Cover and bake at 375 degrees for 20 minutes.
6. In a small bowl, combine the flour, oats and brown sugar. Cut in butter until mixture resembles coarse crumbs.
7. Remove baking dish from oven and sprinkle topping over squash mixture. Return uncovered dish to oven.
8. Bake 25 minutes longer or until squash and apples are tender and topping is lightly browned. Serve warm.