

## The Farm at St. Joe's

### Roasted Turnip, Potato, & Apple Hash

#### Ingredients:

4 cups turnips, peeled and cubed  
4 cups potatoes, cubed  
2 apples, cubed  
1 medium onion, julienned  
3 Tablespoons olive oil  
2 cloves garlic, minced  
1.5 teaspoon rosemary, finely chopped  
1 teaspoon cayenne pepper  
Salt & pepper to taste



#### Directions

- 1) Preheat oven to 425F.
- 2) In a large bowl, combine turnips, potatoes, apples, and onions.
- 3) Whisk together olive oil, garlic, rosemary, cayenne, salt and pepper and pour over turnip mixture. Toss until well coated.
- 4) Place mixture on a baking sheet in a single layer and bake 1 hour, stirring halfway, until golden brown.

#### Tips:

- ❖ Serve for breakfast with over easy eggs.

Serves 6. Nutrition per serving: 181 calories, 7g fat, 59mg sodium, 33g carbs, 8g sugar, 3g protein

#### Local Is Better

Eating local is healthier. Local produce contains more vitamins and minerals than supermarket produce which has been shipped from far distances. At The Farm at St. Joe's all of our produce is grown without the use of pesticides and is harvested by hand.

*If you are interested in volunteering at The Farm at St. Joe's, call 734-712-HOOP (4667). For more information on nutrition, call St. Joseph Mercy Nutrition Services at 734-712-5800.*

#### Like this Recipe?

Learn more by taking a cooking class at the Women's Health Center. For a full list of upcoming classes, visit [stjoeshealth.org/classes](http://stjoeshealth.org/classes).

Check out our blog for updates and market times at [stjofarm.org](http://stjofarm.org)



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