

Turnip Skillet

1 cup diced purple-topped turnips
¾ cup sliced white onion
½ cup diced bell pepper
1 teaspoon salt
1 scallion, chopped
1 cup leftover protein, like cooked chicken, turkey, pork, tofu, etc OR
1 cup crumbled raw breakfast sausage
For the spice mix: ¼ teaspoon each garlic powder, ground cumin, onion powder, ancho powder. ½ teaspoon each dried parsley and dried thyme.



I'm a fan of the "skillet meals". They're generally easy, and very delicious. What's better, they're great vehicles for leftovers. But the thing about skillet meals is that, as trendy as they can be, they're not all that new. They're just a hash dressed up in nice clothes. So, I've given you two options for this recipe. One is a bit spicy, inspired by Mexican flavors, and makes a very satisfying lunch. The other is full of breakfast sausage and will instantly make any morning a little better. I like making both versions in a cast iron skillet. This recipe also doubles or even triples easily, just make sure your pan is big enough so everything browns and doesn't steam.

If you're making the breakfast version, start by cooking your sausage. Crumble it and brown over about medium-high heat until it's cooked and a bit crispy. Then, take the sausage out but leave the fat in the pan. If you're making the lunch version, just add about a tablespoon of oil to the pan. We'll be adding the protein in a few steps. Also, mix all the spices together for the spice mix.

Once there is fat (of either form) in your pan, turn the heat to medium and add the diced turnips. Give them a few minutes head start to brown before adding the peppers and onions. Let all the vegetables cook together, stirring occasionally, until the onions are soft, the turnips are brown, and the peppers have wilted a bit (side note, I like using red, yellow, and orange peppers because they are just so pretty, but use whatever you've got and like) add the salt and the white part of the sliced onion, and stir it around. You might want to put a lid on the pan while the vegetables are cooking. This will help stop them browning too quickly and will help them soften a bit quicker.

Once your vegetables look and smell good, add about 2 teaspoons of the spice mix (don't do this if you're making breakfast) and whatever protein you're using. Stir around to toast the spices and make sure the protein is incorporated. If you're using leftover meat instead of freshly cooked sausage, you might want to let the protein crisp in the pan for a few minutes, but that's not necessary.

Serve up and garnish with green onions. If you're making the lunch version, a squeeze of lime is delicious. If you're making breakfast, put a fried egg on top. Don't forget the hot sauce, no matter which version you make.