Mashed Turnips and Sage

Serves 4-6

Ingredients
- 4 large turnips, peeled and cubed
- 1 large russet potato, peeled and cubed
- 3 Tbsp butter
- 1 garlic clove, minced
- 1 cup milk
- Salt and freshly ground pepper

Preparation

Add the turnips and potatoes to a large pot of water. Bring to a boil, then reduce to a simmer and cook until soft and tender, about 20 minutes. In a small saucepan, add the butter over medium-high heat. Add the garlic and sage and sauté until the garlic starts to brown, the sage is fragrant, and the butter starts to brown. Season with salt and pepper. Add the milk and bring to a simmer. Drain the turnips and potatoes and add back to the pot they were cooked in. Add the hot milk and roughly mash the vegetables. Taste for seasoning and add salt and pepper as needed.

Calories 140, Total Fat 7g, Sat Fat 4g, Sodium 240mg, Carbohydrates 19g, Fiber 2g, Sugars 5g, Protein 3g

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