

MASHED TURNIP POTATOES

Total Prep Time: 1 hour

Servings: 6

Ingredients

1 large turnip
3 white potatoes, peeled & cubed
¼ cup milk or milk alternative
3 tbsp unsalted butter
¾ tsp salt
¼ tsp pepper

Directions

1. Preheat oven to 375° F
2. Place turnip and potatoes in a large pot with enough water to cover, then bring to a boil. Cook 25 to 30 minutes, until tender. Remove from heat and drain.
3. Mix milk and 2 tbsp butter in with the turnip and potatoes. Season with salt and pepper. Mash until slightly lumpy.
4. Transfer turnip mixture to a baking dish and dot with remaining butter. Cover loosely and bake for 15 minutes. Remove cover and continue to bake for 8 minutes until lightly browned.

Nutrition Facts for 1 serving:

141 calories, 2.5g protein, 6.1g fat, 15.7g carbohydrates, 16mg cholesterol, 322mg sodium

Adapted from <http://allrecipes.com/recipe/46250/nanas-mashed-turnip/>