



Carmelized Turnips

4-6 servings

INGREDIENTS

- 4 turnips, peeled and cut into cubes (makes about 3 cups)
- 1/2 cup water
- 1 Tbsp butter or 2 1/4 tsp oil
- 2 Tbsp maple syrup, honey, or sugar
- 1 tsp salt
- 1/2 tsp pepper
- Optional: 1/2 cup chicken or veggie broth

DIRECTIONS

1. Put turnips into a pan with water and broth over medium heat.
2. Simmer until water has evaporated and turnips are soft, about 15 minutes.
3. Stir the butter or oil in until melted then add maple syrup (or other sweetener), salt, and pepper.
4. Cook on low heat for another 5 minutes until turnips are coated.
5. Serve hot and enjoy!



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