

Roasted Turnips

Ingredients

- 1-1/3 cups turnips
- 1/2 cup onions
- 1/4 tsp rosemary
- 1/8 tsp thyme
- 1/8 tsp garlic
- 1/2 tsp vegetable oil
- 1/2 tsp kosher salt
- 1/2 tsp pepper

Notes

Number of Portions: 4

Serving Size: 1/4 cup

Nutrition Facts: 23

calories, 0.61 g fat, 0.09 g

saturated fat, 52 mg

sodium, 4.26 g

carbohydrate, 1.05 g fiber,

2.3 g sugar, 0.57 g protein

Directions

1. Medium dice turnips and onions. Remove leaves of herbs from the stems and chop. Mince garlic.

2. In a large bowl, combine all ingredients. Toss until turnips and onions are well coated in oil and herbs.

3. Place mixture onto a baking sheet lined with parchment paper. Roast in 400° F oven for 20 minutes or until golden brown and tender.

