

Turnip Casserole

Ingredients

- 2 lbs. turnips, peeled and chopped
- $\frac{1}{4}$ cup butter, divided
- 1 small onion
- $1\frac{1}{2}$ cup shredded white cheddar cheese, divided
- $\frac{1}{2}$ tsp salt
- $\frac{1}{2}$ tsp black pepper
- 2 Tbsp lemon juice
- $\frac{1}{3}$ cup Italian bread crumbs

Directions

1. In a saucepan, cover turnips with water. Bring to a boil; cook 20 minutes or until tender. Drain well.
2. Transfer to a large bowl and mash with a potato masher.
3. Melt 1 tablespoon of butter in a skillet over medium heat. Add onion and saute for 3 minutes or until tender.
4. Add onion, milk, 1 cup cheddar cheese, salt, pepper, and remaining 3 tablespoons of butter to mashed turnips. Stir to combine.
5. Spoon into a lightly greased 11×7 inch (2 qt) baking dish. Sprinkle evening with bread crumbs and remaining $\frac{1}{2}$ cup of cheddar cheese.
6. Bake at 350°F for 30 minutes or until brown.

Handling & Storage

Choose turnips that are heavy for their size and still have fresh leaves attached. Small to medium size turnips are

sweetest.

Refrigerate turnips in a plastic bag for use within 3 days. Turnips may become bitter with prolonged storage.

Before cooking, wash and peel the skin with a vegetable peeler, Then, trim off roots and tops.

Nutritional Information

Calories: 256

Total Fat: 17.4 g

Saturated Fat: 11 g

Trans Fat: 0.0 g

Cholesterol: 50 mg

Sodium: 624 mg

Total Carbohydrates: 16.1 g

Dietary Fiber: 3.0 g

Sugars: 7.4 g

Protein: 9.4 g

Serves: 6