

Maple Glazed Turnips



MAPLE GLAZED TURNIPS

ingredients

3 cup turnips, peeled and diced
2 cups sweet potatoes, cubed
3 tablespoons maple syrup
1 tablespoon margarine or butter
2 teaspoon lemon juice
1/2 teaspoon cinnamon
Optional - fresh herbs like basil or parsley

directions

Preheat the oven to 400 degrees.

Melt margarine or butter and add syrup, cinnamon, and lemon juice. Add turnips and sweet potatoes to a casserole dish. Top with butter mixture mix to combine. Cover and bake for 15-20 minutes.

Uncover and bake another 20-30 minutes or until browned and tender. Serve hot. Optional - top with fresh herbs like basil or parsley.

notes

No maple syrup? Use 3 tablespoons packed brown sugar.

SPFC

ST. PETE FREE CLINIC

SERVE PEOPLE. FEED COMPASSION.