

Tammy-Crazy-for-Turnips!

I love these - they're like a cross between a potato and a radish, but not as spicy as radish.

Ingredients:

- Turnips
- Miso
- Butter

Directions:

1. Chop up turnips into wedges.
2. Throw them in a pan with maybe a tablespoon of miso (soybean paste) and a pat of butter (Just a pat! We're trying to be healthy here!)
3. Pour a little water over them and boil until wedges are soft.
4. Season with salt and pepper.

Yum. Seriously - I could take a bath in these turnips they are so yummy.

Again, very low in calories - the only downfall with this recipe is the miso is super high in sodium. It gives it a nice tang - I suppose there might be other ways to do this but I haven't experimented with that. Vinegar? Not sure.

Recipe provided by Tammy Bahr



