

## Creamed Turnips

*We have used older, larger turnips for this recipe. Older turnips are stronger in flavor, more bitter, and drier than young turnips. If you use younger, smaller turnips, they may be sweeter and a bit more watery, so you might want to use less cream. If the turnips are too bitter for your taste, try adding a little sugar at the end to balance the bitter.*

### INGREDIENTS

3 pounds turnips  
2 bay leaves  
6 cloves (optional)  
1 tablespoon kosher salt, plus 1 teaspoon  
1/2 cup light cream  
2 Tbsp unsalted butter  
1 teaspoon white pepper  
Grated nutmeg to taste

### DIRECTIONS

1. Peel and cut the turnips into large chunks. In a large saucepan of boiling water, add the tablespoon of salt, bay leaves and cloves if using. Boil turnips until tender, 15 to 20 minutes, then drain and remove the spices.
2. Return the turnips to the pot they boiled in and add the butter and cream. Turn the burner to medium-low. Bring this to a gentle simmer and mash the turnips with a potato masher. Add the white pepper, tsp. salt, nutmeg to taste and serve at once.

**Yield: 6-8 servings- Serving Size ½ cup**

<b>Calories:</b>	<b>106</b>
<b>Fat:</b>	<b>5 g</b>
<b>Saturated Fat:</b>	<b>3 g</b>
<b>Cholesterol:</b>	<b>13 mg</b>
<b>Sodium:</b>	<b>939 mg</b>

