Dinner, American

Creamy Garlic Mashed Turnips

Tender boiled turnips are mashed with unsalted butter, garlic, and skim milk, then finished with salt and black pepper for a smooth, savoury side dish.

30 min	60	8 g	1 g
time	calories	carbs	sugars



Vegetarian | Gluten free | Nut free

Ingredients, 5 servings

- [ ] 4 med turnips (peeled and cubed)
- [ ] 1 tbsp butter (unsalted)
- [ ] 2 clove garlic (minced)
- [ ] 1/3 cup skim milk
- [ ] 1/4 tsp salt
- [ ] 1/2 tsp black pepper

Method

- [ ] **1** Set a large saucepan of water over high heat and let it come to a full boil.
- [ ] **2** Slip the cubed turnips into the boiling water and cook them for about 20 minutes, until they feel tender.
- [ ] **3** Pour off the water, then place the turnips back into the saucepan.
- [ ] **4** Drop in the unsalted butter, the minced garlic, and the skim milk, then mash the mixture until it turns smooth.
- [ ] **5** Sprinkle the salt and black pepper over the mash and stir everything together.

Nutrition Facts

Per serving

Calories	**60**
Total fat	2.5 g
Saturated fat	1.5 g
Sodium	200 mg
Total carbs	8 g
Fiber	2 g
Total sugars	1 g
Protein	2 g

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