

Scalloped Turnips

PREP TIME

15 min

TOTAL TIME

90 min

Nutrition Information Per Serving

Makes 6 servings

FAT	PROTEIN	CARBS	CALORIES
23g	3g	9g	247

4 Tbsp butter

½ cup onions, thinly sliced

4 cups turnips, peeled and thinly sliced

2 Tbsp almond flour

1 tsp salt

⅛ tsp ground black pepper

1 cup heavy cream

Instructions

1. Preheat oven to 350 degrees. Grease a 1 quart casserole dish.
2. In a pan over medium heat, melt the butter and saute the onions just until wilted.
3. Layer ⅓ of the turnips on the bottom of the casserole dish; top with ⅓ of the onions; sprinkle 2 tsp almond flour along with ⅓ tsp salt, and ⅛ tsp pepper.
4. Dollop 1 Tablespoon butter over dish. Repeat twice, for a total of 3 layers.
5. Pour cream over turnips.
6. Cover and bake for 30 minutes. Remove cover and bake for an additional 30-45 minutes or until turnips are tender and bubbly.

Adapted from http://www.simplyrecipes.com/recipes/scalloped_turnips/