



Roasted Lemon and Rosemary Turnips



Makes 6- ½ cup servings

- 3 cups turnips, diced
- 1 TBS. Olive Oil
- 1/3 cup low sodium chicken broth
- 3 garlic cloves, minced
- 1 tsp. oregano, dried
- 1 tsp. rosemary, dried
- 2 TBS. lemon juice
- ½ tsp. salt (optional)

Preheat oven to 400 degrees F.

Mix oil, broth, garlic, oregano, rosemary, and lemon juice together in a small bowl. Toss with diced turnips.

On a cookie sheet, or shallow pan, place coated turnips in the oven for 25 minutes. Take out and flip. Bake another 25 minutes and serve.

Nutrition Facts (1/2 cup per serving, 6 servings): 45 calories, 2.5 grams total fat, 50 mg. sodium, 5 g. carbohydrates, 1 g. dietary fiber, 1 g. protein.

Source: Lisa Peterson, Nutrition & Wellness Educator, 2016