

## Mashed Turnips with Apples

(Makes 6 servings)

*Turnips are often maligned for their flavor; which can be bitter if the turnip is too large. Here we cook very small, young turnips with sweet apples for an especially appetizing side dish that goes well with a lean protein. There is no need to peel the very young white turnips – just give them a good scrub. If they are julienned, they cook very quickly,*

### **Ingredients:**

- 8 small white turnips, scrubbed and julienned (about 1 pound)
- 2 medium Granny Smith apples, peeled and cut into thin julienne
- 1 Tbsp trans-free margarine
- 1 tablespoon fresh lemon juice
- Kosher salt, optional
- Freshly ground pepper
- 1/8 teaspoon ground cinnamon
- Dash of ground nutmeg

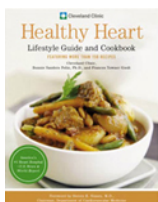
### **Directions:**

- 1) Bring pot of water to boil. Add the turnips, reduce heat to a simmer, and cooked for 5-6 minutes, until turnips are very tender. Drain and place in a food processor with the remaining ingredients. Pulse until smooth.
- 2) Transfer the mixture to a heated serving dish and serve.

### **Nutritional Analysis:** (per serving)

- Calories: 49
- Total Fat: 1.6 g
- Saturated Fat: 0.4 g
- Protein: 1 g
- Carbohydrates: 9 g
- Dietary Fiber: 2 g
- Sodium: 206 mg
- Sugars: 2 g

### **Source:**



“Cleveland Clinic Healthy Heart Lifestyle Guide and Cookbook”

*This heart-healthy recipe and more than 150 others are available from the nation’s #1 heart center in the “Cleveland Clinic Healthy Heart Lifestyle Guide and Cookbook” (© 2007 Broadway Books).*

*The cookbook is available in bookstores or online from Randomhouse.com, BN.com or Amazon.com.*

Go! Foods® for You Program



*This recipe has been modified to meet Go! Foods® criteria.*