

LOW-CARB FRIED TURNIPS

Hands-on time: 15 minutes

Time to table: 60 minutes

Ingredients:

1 tablespoon olive oil

1 large onion, chopped

1 pound turnips, trimmed, peeled, cut in 3/4-inch pieces

1/2 teaspoon ground cumin

Salt & pepper to taste



In a large skillet, heat the oil on MEDIUM HIGH until shimmery. Add the onion and stir to coat with fat. Cook for 4 - 5 minutes until onion begins to turn gold. Add the turnips and stir to coat with fat. Let cook for about 15 minutes, stirring often, reducing heat if needed to keep the turnips from burning. Add the cumin. Continue to cook for another 30 minutes or so (this long may not be needed but it worked for me) until the turnips are cooked through and beginning to caramelize. Season to taste with salt and pepper. Serve and enjoy!

Serves 4 @ 1 point, 2 points plus

NUTRITION :

Per Serving: 78Cal; 3g Tot Fat; 1g Sat Fat; 0mg Cholesterol; 77mg Sodium; 11g Carb; 3g Fiber; 6g Sugar; 2g Protein