

Creamed Turnips

Makes: 6 Servings

Try something new with this delicious turnip recipe!
Turnips are available any time of the year and are a good source of fiber and vitamin C.

Ingredients

- 2 pounds** turnips (cubed)
- 2 tablespoons** margarine (melted)
- 1/4 cup** flour (all purpose)
- 1 1/2 cups** prepared instant nonfat dry milk
- 1 cup** reduced fat cheddar cheese (shredded)

Directions

1. Boil turnips in a large pot until just soft, about 20 minutes. Drain well.
2. Combine margarine and flour, and stir until there are no lumps.
3. Mix flour mixture, milk, and cheese into turnips, mashing with a fork.