

Meals from Your Market



Turnip Puff

Ingredients

- 1 lb parsnips, washed, peeled and chopped
- ¼ c sliced carrots
- ½ c chopped onion
- 2 tbsp butter
- ½ tsp salt
- ¼ tsp pepper
- ½ ground nutmeg
- ⅓ c soft bread crumbs
- 2 large beaten eggs

Instructions

1. Cook the parsnips, onion and carrots in boiling water (just enough to cover) for 10 minutes.
2. Strain and mash with whatever you have handy (it will look a bit watery).
3. Add butter, salt, pepper and nutmeg and continue to mix and mash.
4. Add bread crumbs and eggs. Continue mixing/mashing until well blended.
5. Pour mixture into a 1qt casserole dish sprayed with olive oil.
6. Bake for 40 minutes @ 375°. Do not cover.
7. Allow to cool for about 10 minutes. Serve and enjoy!

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