

GROUND TURKEY STUFFED TURNIPS



SERVING SIZE

4



INGREDIENTS

ITEM	QUANTITY	ITEM	QUANTITY
Large Turnips	4	Olive Oil	2 tbsp.
Ground Turkey	1 lb.	Salt	1 tsp.
Shallot, Finely Chopped	1	Black Pepper	½ tsp.
Garlic Cloves, Minced	2	Paprika	1 tsp.
Tomato Sauce	1 cup	Dried Thyme	½ tsp.
Grated Cheese Maintenance Only	1 cup	Fresh Parsley for Garnish	



PREPARATION

- ✔ Preheat oven to 375°F (190°C).
- ✔ Peel turnips, cut off tops, and hollow them out using a spoon.
- ✔ Boil turnips in salted water for 10 minutes until slightly tender. Drain and set aside.
- ✔ Heat olive oil in a pan over medium heat. Add shallot and garlic, sautéing until fragrant.
- ✔ Add ground turkey, salt, pepper, paprika, and thyme, cooking until browned.
- ✔ Stir in tomato sauce and simmer for 5 minutes.
- ✔ Stuff turnips with the turkey mixture and place in a baking dish.
- ✔ Sprinkle with grated cheese (Maintenance Only).
- ✔ Bake for 20 minutes until heated through.
- ✔ Garnish with fresh parsley and serve warm. Enjoy!