

PAN-FRIED TURNIPS AND SPINACH



SERVING SIZE

2



INGREDIENTS

ITEM

Turnips, Peeled And Sliced Or Diced
Olive Oil
Sprig Lemon Thyme Or Regular Thyme
Scallions, Chopped
Fresh Spinach, Loosely Packed
Salt
Pepper

QUANTITY

1 Lb.
1 Tbsp.
1
2 Tbsp.
1 Cup
¼ Tsp.
¼ Tsp.



PREPARATION

- Heat olive oil in a skillet over medium heat.
- Add the sliced turnips and cook 6-8 minutes, stirring occasionally, until lightly golden and tender.
- Add scallions and thyme leaves. Cook 1-2 minutes until fragrant.
- Stir in fresh spinach, salt, and pepper. Cook 1-2 minutes until spinach wilts.
- Remove from heat and serve warm. Enjoy!