

Scalloped Turnips



Makes 12 servings

INGREDIENTS

4 tablespoons unsalted butter, divided
1/2 cup minced onion (or onion powder for fewer carbs)
1 tablespoon minced fresh thyme
8 ounces cream cheese
1 cup heavy cream
1 teaspoon salt
1/4 teaspoon pepper
4 cups peeled and thinly sliced turnips (about 6 small/medium turnips)

INSTRUCTIONS

1. Preheat oven to 350° F.
3. Heat one tablespoon butter in a 10.5" cast iron skillet over medium heat. Add in the onion and thyme, cook stirring frequently about 5 minutes until softened and starting to brown, then put in a small bowl and set aside.
4. In a heat proof bowl melt (at a low setting on microwave) the heavy cream, cream cheese, and salt and pepper, whisk together until smooth and set aside to go over very last layer.
5. Place one layer of turnips into the skillet overlapping slightly, sprinkle with a bit of the onion / thyme, and place a few cubes of the cold butter on top. Repeat with 2 more layers.
6. Pour the cream sauce evenly over the top and cover with foil. Bake at 350° F for 30 minutes; uncover and bake another 45 minutes until golden on top.

Net carbs: 4

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