

Miso Butter Braised Turnips

-1 bunch salad turnips plus 5 cups chopped turnip greens or spinach or other greens divided
-2 tablespoons butter divided
-1/4 teaspoon salt
-1 cup reduced-sodium chicken broth, plus more if needed
-1 teaspoon sugar
-4 teaspoons white miso (fermented soybean paste, found in most grocery stores in a refrigerated section)

1. Peel turnips and cut into 1-inch wedges. Melt 1 tablespoon butter in a large skillet over medium-high heat.
2. Add the turnips and salt and cook, stirring occasionally, until browned in spots and beginning to soften, 7 to 9 minutes. Add 1 cup broth and sugar; reduce heat to maintain a simmer.
3. Cook, stirring frequently, until the turnips are tender and the liquid is almost completely evaporated, 15 to 20 minutes. (Add up to 1/2 cup more broth if the pan is dry before the turnips are tender.)
4. Meanwhile, mash miso with the remaining 1 tablespoon butter in a small bowl until combined.
5. When the turnips are tender, stir in the turnip greens (or spinach), cover and cook, stirring occasionally, until wilted, 2 to 3 minutes.
6. Remove the pan from the heat. Add the miso-butter and gently stir until the turnips are well coated.

Nutritional Facts: 365 Calories, 22g Carbs, 24g Fat, 11g Protein, 1913mg Sodium, 7g Sugar