

GLAZED TURNIPS AND CARROTS WITH LEMON AND THYME

Ingredients:

3 – tbsp of unsalted butter
1 ½ - pound white turnips, peeled and cut into ¾ inch cubes
5 – carrots, peeled, tapered ends sliced ½ inch thick on bias, large upper portions halved lengthwise, then slice ½ inch thick on bias
1 ½ - cup low-sodium chicken broth
3 – tbsp packed brown sugar
2 - tsp fresh thyme
2 – tsp grated lemon zest plus 2 tsp juice
1 – tsp salt
½ - tsp pepper

Preparation:

Melt butter in a nonstick skillet over medium high heat.

Add turnips and carrots in even layer and cook, without stirring, until browned, about 4 minutes. Stir and continue to cook stirring occasionally, until well browned on all sides, about 4 minutes longer.

Add broth, sugar, thyme lemon zest salt and pepper.

Cover skillet, reduce heat to medium-low, simmer until vegetables are just tender (vegetables will give only slight resistance when poked with a paring knife), about 8 minutes.

Uncover, increase heat to high and cook, stirring frequently, until liquid in skillet reduces to glaze, about 1 minute.

Stir in lemon juice and serve immediately