

Turnip Green Casserole

2 lbs. turnip greens, cleaned, de-stemmed, chopped
½ cup light mayonnaise
2 eggs
1 cup freshly grated Parmesan Cheese
1 Tbsp horseradish sauce
2 tsp sugar
The juice of ½ a lemon
Salt and pepper to taste
Top with ½ cup breadcrumbs and sprinkle with Parmesan Cheese

Directions:

1. Preheat oven to 350
2. Clean the greens by filling up the sink with water and adding the greens. The sand will fall to the bottom of the sink. Remove from the water. Make sure you have removed the stems then chop the greens.
3. Boil for about 10 minutes to remove the bitterness.
4. Combine the greens with mayo, eggs, cheese, horseradish sauce, sugar, lemon juice, and salt and pepper to taste. Empty into a 9x13 inch casserole dish.
5. Top with breadcrumbs and cheese. Bake for 45 minutes to an hour.

Nutrient Analysis, 10 per serving: 223 calories, 23.7 g. carbohydrate, 12.6 g. protein, 10 g. fat, 481 mg. sodium, 53 mg. cholesterol, 6.3 g. fiber