



Turnip with Coconut

2 tablespoons coconut oil	½ onion, minced
½ teaspoon cumin seeds	1 teaspoon smoked paprika
½ teaspoon mustard seeds	1 teaspoon turmeric
1-2 cloves garlic, minced	½ teaspoon salt
2 turnips, sliced and quartered	2 Tablespoons water or coconut milk
4 fresh turnip leaves, chopped (substitute with spinach leaves if turnip greens are not available)	1 Tablespoon unsweetened shredded coconut

Heat the oil in a skillet over medium high heat. Add the cumin and mustard seeds to the oil and cook for approximately 30-40 seconds. Add the turnips, leaves and onions to the skillet. Increase flame to high heat and stir vegetables. Add in your spices and continue stirring for approximately 2 minutes. Reduce heat to medium, add water or coconut milk. Cover pan and continue cooking for an additional 5 minutes or until vegetable are cooked through but still have some crunch to them. Reduce liquid in the pan and mix in the coconut just prior to serving.