POMEGRANATE WALNUT TURNIP SOUP

INGREDIENTS
2 tablespoons olive oil
½ yellow onion, diced small
1 bunch baby fennel, diced small
2 ribs of celery, diced small
Salt to taste
6 to 8 purple-top turnips, roughly chopped
7 sprigs thyme, de-stemmed
6 oz 2% milk
Juice of one Meyer lemon
¾ pound walnuts, roughly chopped
½ pomegranate, seeded

DIRECTIONS
1. Heat the olive oil in a small pot. Add the onion, fennel, and celery and sweat until translucent. Then add turnips and thyme. Season with salt to taste.
2. When the turnips are tender, add 2 cups of water and bring it to a simmer. Add the cream and bring it back to a simmer. Add the lemon juice and blend the soup in a blender or food processor. Toast the walnuts in the oven or toaster oven.
3. Garnish with the walnuts and pomegranate seeds.

NUTRITION INFORMATION
Serves 4; Per serving: 390 calories, 23mg carbohydrate, 13g fiber, 23g sugar, 21g fat, 6g saturated fat, 12g protein, 39% Vitamin A, 130% vitamin C