



Turnip The Disco Fries



1/2 of recipe: 299 calories, 4.5g total fat (2.5g sat. fat), 560mg sodium, 55.5g carbs, 8.5g fiber, 14g sugars, 12g protein

Prep: 10 minutes **Cook:** 35 minutes

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Ingredients

1 1/2 lbs. (about 2 medium) turnips
12 oz. (about 1 medium) russet potato
1/3 cup shredded reduced-fat cheddar cheese
1/3 cup chicken or turkey gravy
Optional seasonings: salt and black pepper
Optional topping: chopped chives

Directions

Preheat oven to 425 degrees. Spray 2 baking sheets with nonstick spray.

Cut turnips and potato into fry-shaped spears, and evenly place on baking sheets. Bake for 15 minutes.

Flip spears. Bake until tender and crispy, about 15 more minutes.

Closely arrange spears on the center of the sheets. Top with cheese and bake until melted, about 3 minutes.

Heat gravy in a microwave-safe bowl in the microwave or a small nonstick pot on the stove.

Serve fries with gravy for dipping.

MAKES 2 SERVINGS

An earlier version of this recipe called for fat-free cheese. If made with fat-free cheese, each serving will have 284 calories, 1g total fat, 913mg sodium, 58g carbs, 9.5g fiber, 15.5g sugars, and 13g protein.

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