



Chicken Girlfredo & Turnip Noodles



1/2 of recipe (about 1 cup noodles with 3 oz. cooked chicken): 305 calories, 11.5g total fat (5g sat. fat), 737mg sodium, 17.5g carbs, 4.5g fiber, 10g sugars, 32g protein

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Prep: 10 minutes **Cook:** 20 minutes



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Ingredients

8 oz. raw boneless skinless chicken breast
1/4 tsp. each salt and black pepper
1 lb. (about 1 large) turnip
3 tbsp. light/reduced-fat cream cheese
1 tbsp. light whipped butter or light buttery spread
1 1/2 tsp. chopped garlic
1/2 tsp. onion powder
4 tsp. grated Parmesan cheese

Directions

Pound chicken to an even thickness. Season with 1/8 tsp. each salt and pepper. Bring an extra-large skillet sprayed with nonstick spray to medium heat. Cook for about 4 minutes per side, until cooked through.

Meanwhile, peel turnip, and cut in half. Using a thin-style blade on a tabletop spiral vegetable slicer (like [the Veggetti Pro](#)), cut it into spaghetti-like noodles. (If you don't have a tabletop spiral veggie slicer, cut it into matchstick-sized strips.) Roughly chop for shorter noodles.

Transfer chicken to a cutting board. Remove skillet from heat; clean, if needed. Re-spray, and bring to medium-high heat. Add turnip noodles and 1/4 cup water. Cover and cook for about 7 minutes, uncovering occasionally to stir, until noodles have mostly softened.

Reduce heat to medium low. Add cream cheese, butter, garlic, onion powder, and 2 tsp. Parm. Sprinkle with remaining 1/8 tsp. each salt and pepper. Cook and stir until cream cheese and butter have melted/coated the noodles and entire dish is well mixed, about 2 minutes.

Slice chicken, and serve over noodles. Top with remaining 2 tsp. Parm.

MAKES 2 SERVINGS

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