



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

Green Plan [SmartPoints](#)® value 6*

Blue Plan ([Freestyle](#)™) [SmartPoints](#)® value 4*

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



Tagged: [Lunch & Dinner Recipes](#), [30 Minutes or Less](#)

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

[SmartPoints](#)® value* not what you expected? We follow the same method as Weight Watchers when calculating recipe values: We add up the [SmartPoints](#)® values* of the individual ingredients using the Recipe Builder. (Many foods have a value of zero and remain zero in recipes.)

*The [SmartPoints](#)® values for these recipes were calculated by Hungry Girl and are not an endorsement or approval of the product, recipe or its manufacturer or developer by Weight Watchers International, Inc., the owner of the [SmartPoints](#)® trademark.