



Fully Loaded Turnip Fries



1/2 of recipe: 206 calories, 7.5g total fat (3.5g sat. fat), 792mg sodium, 25.5g carbs, 6.5g fiber, 15.5g sugars, 10.5g protein

Prep: 15 minutes **Cook:** 30 minutes



Ingredients

1 1/2 lbs. turnips (about 2 turnips)
1/2 tsp. garlic powder
1/2 tsp. onion powder
1/4 tsp. each salt and black pepper
2 slices center-cut bacon or turkey bacon
1/4 cup shredded reduced-fat cheddar cheese
3 tbsp. light sour cream
2 tbsp. chopped scallions
Optional dip: ketchup

Directions

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

Peel turnips, and cut into fry-shaped spears.

Place spears on the sheets, evenly spaced, and sprinkle with seasonings.

Bake for 12 minutes.

Meanwhile, cook bacon until crispy, either in a skillet over medium heat or on a microwave-safe plate in the microwave. (See package for cook time.)

Flip turnip spears. Bake until tender on the inside and crispy on the outside, about 14 minutes.

Meanwhile, chop or crumble bacon.

Arrange spears on the center of one baking sheet. Top with cheese. Bake until cheese melts, about 3 minutes.

Top with sour cream, bacon, and scallions.

MAKES 2 SERVINGS

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