



## Turnip Noodles & Chicken Sausage



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1/2 of recipe (about 1 1/2 cups): 270 calories, 10.5g total fat (4g sat. fat), 831mg sodium, 24g carbs, 5.5g fiber, 12g sugars, 19g protein

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



### Ingredients

1 lb. (about 1 large) turnip  
1 cup sliced onion  
6 oz. (about 2 links) fully cooked chicken sausage with 8g fat or less per 3-oz. serving (like [the kind by Applegate Organics](#)), sliced into coins  
2 tbsp. light/reduced-fat cream cheese  
2 tsp. Dijon mustard  
1 1/2 tsp. chopped garlic  
1/8 tsp. ground thyme  
1/8 tsp. black pepper  
Optional seasoning: salt

### Directions

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.)

Bring an extra-large skillet sprayed with nonstick spray 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 and water has evaporated.

Transfer noodles to a bowl. Remove skillet from heat; re-spray, and return to medium-high heat. Add onion, and cook and stir until slightly softened and lightly browned, about 4 minutes.

Add sausage coins to the skillet. Cook and stir until onion has mostly softened and sausage has browned, about 3 minutes.

Reduce heat to medium low. Return noodles to the skillet, and add all remaining ingredients. Cook and stir until cream cheese has melted and coated the noodles, and entire dish is hot, about 2 minutes.

MAKES 2 SERVINGS

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