



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

Blue Plan (Freestyle™) SmartPoints® value 7*

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



Tagged: [Recipes for Sides, Starters & Snacks](#), [5 Ingredients or Less](#)

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.

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.