



## Totally Turnip Fries



1/2 of recipe: 96 calories, <0.5g total fat (0g sat. fat), 373mg sodium, 22g carbs, 6g fiber, 13g sugars, 3g protein

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**Prep:** 10 minutes    **Cook:** 30 minutes



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### Ingredients

1 1/2 lbs. turnips (about 2 medium turnips)  
1/8 tsp. each salt and black pepper  
Optional dip: ketchup

### Directions

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

Cut turnips into French-fry-shaped spears and lay them on the sheets. Sprinkle with salt and pepper. Bake for 15 minutes.

Flip spears. Bake until tender on the inside and crispy on the outside, about 15 more minutes. Chew, you!

MAKES 2 SERVINGS

**Air Fryer Alternative!** Set air fryer to 392 degrees. Working in batches as needed, cook about 12 minutes each, shaking the basket halfway through.

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