



Baked Potato 'n Turnip Fries



1/2 of recipe: 182 calories, <0.5g total fat (0g sat. fat), 122mg sodium, 41.5g carbs, 5g fiber, 7.5g sugars, 5g protein

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



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Ingredients

12 oz. (about 1 medium) turnip
12 oz. (about 1 medium) russet potato
Optional seasonings: salt and black pepper

Directions

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

15 minutes.

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

MAKES 2 SERVINGS

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