



ITALIAN HOT DOGS

50 STATES 50 PLATES

featuring

★ FRANKLIN BECKER ★

Paid spokesperson for Novo Nordisk.

INGREDIENTS

- ★ ½ tablespoon, plus 1 teaspoon olive oil, divided
- ★ ⅓ cup peeled, small diced turnip, (8 ounces whole, 1.5 ounces prepped)
- ★ ½ cup small diced yellow onion, (11.5 ounces whole, 2.5 ounces prepped)
- ★ ½ cup small diced green bell pepper, (7 ounces whole, 2.5 ounces prepped)
- ★ 2 cloves garlic, minced
- ★ 1 teaspoon Italian seasoning
- ★ Freshly cracked black pepper, to taste
- ★ Crushed red pepper flakes, to taste
- ★ Avocado oil spray
- ★ 2 turkey hot dogs
- ★ 2 low-carb hot dog buns

DIRECTIONS

In a medium nonstick skillet, heat 1/2 tablespoon of olive oil over medium until it shimmers. Add the turnip and cook, stirring frequently, until golden brown and tender, 4 to 6 minutes. Remove with a slotted spoon to a paper towel-lined plate to drain.

Add the onion to the pan and cook, stirring occasionally, until softened and lightly golden, 3 to 5 minutes. Add the bell pepper and cook until beginning to soften, 2 to 3 minutes more. Add garlic and 1 teaspoon olive oil and cook, stirring constantly, until just fragrant, 30 seconds to 1 minute. Stir in the Italian seasoning and pepper. Add the turnip back to the pan, along with crushed red pepper flakes as desired, and stir to thoroughly combine. Cover tightly with foil and set aside while you prepare the hot dogs.

Preheat a grill pan over medium-high and lightly spray with avocado oil. Grill hot dogs, turning frequently, until lightly charred on all sides, about 5 to 7 minutes. In the last few minutes of cooking, lightly brush the buns with the remaining olive oil and grill just until marked and slightly softened, about 30 seconds.

Top each bun with a hot dog, then divide the vegetable mixture between them, serve immediately.

Serving Size and Nutritional Information:

Serves 2 (Serving Size 1 Hot Dog = 189g)
220 Calories Per Serving, **11g** Total Fat,
25g Total Carbohydrates, **17g** Protein

Estimated nutrition information is provided as a courtesy. Data gathered via a registered nutritionist. We strive to make this information as accurate as possible; however, Novo Nordisk makes no warranties regarding its accuracy.



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