

Asian Turkey Lettuce Wraps

Ingredients

- 1 1/4 lb Lean Ground Turkey (99% Lean)
- 1 Tbsp Olive Oil
- 1 clove garlic minced
- 1/8 tsp ground ginger
- 4 green onions, thinly sliced
- 1 (8oz) can sliced water chestnuts, drained and coarsely chopped
- 3 Tbsp hoisin sauce
- 2 Tbsp reduced (lite) sodium soy sauce (green top)
- 1 Tbsp Rice Vinegar
- 2 tsp red chili paste or sambal oelek
- 1 Tbsp Honey
- 12 Boston Bibb Lettuce leaves (large)



Preparation

1. Heat oil in large nonstick pan over medium– high heat. Add turkey, garlic, and ginger to the pan and cook until turkey is browned (about 5-7 minutes).
2. Combine turkey mixture with onions and chopped water chestnuts.
3. In a small bowl whisk together hoisin, soy sauce, rice vinegar, honey and chili paste. Drizzle over turkey mixture and toss to coat.
4. Serve about 1/4 cup mixture in each lettuce leaf.

Yield: 6 servings

per serving: 200 Calories | 8g Fat (0g Saturated Fat) | 20g Protein | 11g Carbohydrates | 440mg Sodium