Asian Lettuce Wraps

Serves 4

Ingredients

1 head Boston, Romaine, or butterball lettuce
2 teaspoons canola or grapeseed oil
1 pound ground turkey or chicken
2 inch piece of fresh ginger, peeled and finely grated
2 scallions, chopped
2 cloves garlic, minced
2 Tablespoons low sodium soy sauce
¼ cup hoisin sauce
1 cup shredded carrots
1 red pepper, diced
½ cup chopped cilantro (optional)
Directions

• Separate, wash, and dry lettuce leaves.
• In a skillet over medium-high heat, add the oil and saute turkey until brown.
• Stir in ginger, scallions, garlic, soy sauce and hoisin sauce and cook for one minute.
• Remove from heat.
• Serve by putting ¼ cup of seasoned turkey meat in lettuce leaf and garnish with carrots, red pepper and cilantro. Fold lettuce leaf like a tortilla and enjoy!

Nutrition

Carbohydrates 11 grams, Fiber 2 grams, Protein 17 grams, Fat 7 grams, Calories 205 kcals