

Thai Turkey Lettuce Wraps

These lettuce wraps are a filling appetizer with a wide variety of toppings that can be added. The wraps are colorful and have a perfect balance of savory and spicy flavors.

YIELD 8 SERVINGS	PREP TIME 10 MIN	TOTAL TIME 30 MIN
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INGREDIENTS

For the Sauce:

1 Tbsp	Honey
4 Tbsp	Soy Sauce, reduced sodium
2 tsp	Ginger, fresh, grated
3 Tbsp	Rice Vinegar
1 1/2 tsp	Sesame Oil
1 tsp	Red Pepper Flakes

For the Wraps:

1 Tbsp	Olive oil
1 medium	Red Bell Pepper, small dice
4 cloves	Garlic, minced
1 lb	Ground Turkey
1 (8oz) can	Water Chestnuts, drained, diced
1/2 cup	Water
1/4 cup	Cilantro, fresh, chopped
4 each	Green Onion, sliced
16 leaves	Bibb or Romaine Lettuce
2 each	Lime, cut into wedges

CHEF'S NOTES

Additional vegetables can be added for extra nutrients, flavor, and crunch, depending on your preference! Other topping ideas include crispy rice noodles, shredded carrots, sriracha, and more!

Ground turkey is a lean meat option to provide protein to your meals. Red bell peppers are a good source of vitamin A and vitamin C. Half a cup of raw red pepper provides approximately 50% of your daily recommended intake of vitamin A and 160% of your vitamin C needs.

DIRECTIONS

1. Gather all necessary equipment and ingredients.
2. *Make the Sauce:* In a small-sized mixing bowl, combine the honey, soy sauce, ginger, rice vinegar, sesame oil, and red pepper flakes. Mix thoroughly and set aside.
3. *Make the Filling:* Heat a large saute pan over medium-high heat. Once hot, add the olive oil then the bell pepper and sauté until the peppers begin to brown, about 2 minutes. Add the garlic and cook until fragrant, about 30 seconds to 1 minute.
4. Add the ground turkey and cook until no pink remains, about 2-3 minutes. Add the reserved sauce mixture, water chestnuts, and water to the cooked meat and simmer for 5-7 minutes.

- Remove the pan from the heat. Stir in the cilantro and green onions.
- Assemble the Wraps: Lay one lettuce leaf flat and place 2-3 Tablespoons of meat mixture in center. Serve warm with lime wedges for squeezing.

Nutrition Facts	
8 servings per container	
Serving Size	2 wraps (161 g)
Amount per serving	
Calories	190
	% Daily Value *
Total Fat 12g	15%
Saturated Fat 2.5g	12%
<i>Trans</i> Fat 0g	
Cholesterol 45mg	15%
Sodium 400mg	17%
Total Carbohydrate 10g	4%
Dietary Fiber 1g	5%
Total Sugars 4g	
Includes 0g Added Sugars	0%
Protein 11g	23%
Vitamin D 0.2mcg	0%
Calcium 40mg	3%
Iron 1mg	8%
Potassium 300mg	6%
*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	

