



Turkey Lettuce Wraps

INGREDIENTS

- 1 tablespoon olive oil
- 1 lb. ground turkey
- Kosher salt and freshly ground black pepper, to taste
- 2 cloves garlic, minced
- 1 red bell pepper, diced
- 1 small onion, diced
- 1/4 cup hoisin sauce
- 2 tablespoons soy sauce
- 1/2 teaspoon freshly grated ginger
- 3 green onions, thinly sliced
- 1 head butter lettuce

INSTRUCTIONS

1. Heat olive oil in a saucepan over medium high heat. Add ground turkey and cook until browned, making sure to crumble the turkey as it cooks; drain excess fat and set aside.
2. Add garlic, bell pepper and onion to the saucepan. Cook, stirring frequently, until tender, about 3 – 4 minutes.
3. Stir in hoisin sauce, soy sauce, ginger and ground turkey until well combined. Add green onions and gently toss to combine.
4. To serve, spoon several tablespoons of the turkey mixture into the center of a lettuce leaf, taco-style.

Per 1/3 cup: 71 calories, 5.3 grams carbs, 2.7 grams fat, 0.5 grams fiber, 6 grams protein