

Enjoy!

ASIAN LETTUCE WRAPS

MATERIALS

Skillet
Stirring spoon
Small bowl

YIELD

Four wraps

DISH: **MAIN**

FOOD GROUP(S):
PROTEIN, VEGETABLE

INGREDIENTS

Nonstick cooking spray
1 1/2 pounds ground turkey breast
1 1/2 cups shredded carrots
1 cucumber, peeled and diced
2 tablespoons rice vinegar
3 tablespoons reduced-sodium soy sauce
2 tablespoons honey
2 tablespoons minced fresh ginger root
1/2 teaspoon garlic powder
1/4 teaspoon crushed red pepper flakes
12 Bibb or Boston lettuce leaves
1/2 cup green onions, julienned
1/3 cup sliced almonds, toasted



NUTRITION FACTS PER SERVING

Calories: 252, Total fat: 8g, Sodium: 498mg, Cholesterol: 97mg,
Total carbohydrates: 19g, Fiber: 3g, Protein: 44g

DIRECTIONS

1. In a large nonstick skillet coated with cooking spray, cook crumbled turkey until the cooking temperature reaches 165°F. Drain and set aside.
2. In a small bowl, whisk the vinegar, soy sauce, honey, ginger, garlic powder, and red pepper flakes to make a sauce.
3. Add the cucumber and carrots to the meat and stir in the sauce.
4. Cook until the vegetables are tender.
5. Wash lettuce leaves and pat dry.
6. Using the leaves as the base, fill with meat, top with onions and almonds.
7. Wrap filling inside the leaf and enjoy!

CHEF'S NOTES

- ▷ Layer two leaves to provide a stronger base. Using lettuce in place of bread or tortillas increases vegetable intake and reduces calorie intake.
- ▷ To mince the ginger, peel the skin with a vegetable peeler or the side of a spoon. Slice as thinly as possible to make tiny “matchsticks,” then gather the sticks and slice crosswise to mince. You can use 2 teaspoons ground instead of fresh ginger (3 teaspoons = 1 tablespoon).
- ▷ In this recipe, you need three times more fresh than dried herbs and spices.

Recipe selected from the *2014 Dinner Tonight Cookbook*. For more recipes like this one, visit <http://dinnertonight.tamu.edu/>

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