



Anna Jones, MS, RD, LD

Crispy Ginger-and-Garlic Asian Turkey Lettuce Wraps

KIDS LOVE IT Finalist. JENNIE-O Turkey Brand Winner.

Preparation Time: 15 minutes

Cooking Time: 15 minutes

Ingredients

1/2 cup finely chopped carrots
1/2 cup water
1 (20-ounce) package ground turkey breast
1 cup chopped shiitake mushrooms
1 (8-ounce) can water chestnuts, drained and chopped
3 garlic cloves, minced
2 tablespoons minced fresh ginger
1/3 cup teriyaki sauce
3 tablespoons creamy peanut butter
1 tablespoon sesame oil
1 tablespoon rice vinegar
1/4 cup hoisin sauce
1/2 cup sliced green onions
1 head iceberg lettuce, separated into leaves
Hoisin sauce (optional)

Preparation

Cook carrots and 1/2 cup water in a large nonstick skillet over high heat, stirring occasionally, 3 to 5 minutes or until carrots are softened and water is evaporated. Remove from skillet.

Reduce heat to medium. Cook turkey in skillet about 5 minutes, stirring until turkey crumbles and is no longer pink. Add carrots, mushrooms, and next 8 ingredients. Increase heat to medium-high, and cook, stirring constantly, 4 minutes. Add green onions, and cook, stirring constantly, 1 minute. Spoon mixture evenly onto lettuce leaves; roll up. Serve with hoisin sauce, if desired.

Yield: Makes 4 to 5 servings

Nutrition Information

Calories: 310 Fat: 9 g Sat Fat: 1.5 Protein: 33 g
Carbs: 24 g Fiber: 3 g