

Prep time: 10 minutes

Cook time: 10 minutes

Serves: 4

Cost per Serving: \$1.76

Utensils Needed:

Cutting Board

10" skillet

Mixing bowl

Wire Whisk

Oriental Lettuce Wraps

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 tablespoon honey
- 2 tablespoons minced fresh gingerroot
- 1/2 teaspoon garlic powder
- 1/4 teaspoon crushed red pepper flakes
- 12 Bibb or Boston lettuce leaves
- 1/2 cup julienned green onions
- 1/3 cup sliced almonds, toasted

Directions:

1. In a large nonstick skillet coated with cooking spray, cook turkey crumbled until the cooking temperature reaches 165 degrees F.; drain and set aside.
2. In a small bowl, whisk the vinegar, soy sauce, honey, ginger, garlic powder, and red pepper flakes.
3. Add the cucumber and carrots to the meat and stir in the sauce. Cook until the vegetables are tender.

NUTRITION FACTS

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| Serving Size | 2 wraps |
| Calories | 252 |
| Fat | 8 g |
| Cholesterol | 97mg |
| Sodium | 498 mg |
| Total Carbohydrate | 19 g |
| Dietary Fiber | 3 g |
| Protein | 44 g |

