# Turkey Lettuce Wraps

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*Asian inspired flavors in a light, crisp lettuce leaf*

[](http://ginskitchen.wordpress.com/2013/05/23/lettuce-wraps/)

**Yield:** 6 servings

**Ingredients:**

***Filling:***

12 ounces lean ground turkey

2 tsp vegetable oil

8 ounces mushrooms, foodservice

3 scallions, chopped

2 cloves garlic, minced

1 (6 ounce) can water chestnuts, sliced

¼ cup soy sauce

1 Tbsp brown sugar

1 Tbsp rice wine vinegar

***Sauce:***

3 Tbsp soy sauce

2 Tbsp rice wine vinegar

1 Tbsp honey

1 Tbsp Dijon mustard

1 Tbsp Sriracha sauce

½ tsp sesame oil

¼ cup water

***Wrap:***

8-12 large iceberg lettuce leaves, cleaned and dry

Shredded carrots, for serving

Bean sprouts, for serving

Chopped fresh cilantro, for serving

**Method of Preparation:**

***Filling:***

1. Heat medium sauté pan over medium-high heat; add oil.
2. Brown turkey until no longer pink.
3. Add mushrooms, scallions, garlic, and water chestnuts.
4. Cook until mushrooms soften.
5. Meanwhile, in a small bowl, mix soy sauce, brown sugar, and vinegar.
6. Pour over turkey mixture and cook 1 minute.
7. Remove from heat.

***Sauce:***

1. In small bowl, whisk all sauce ingredients.

***Assembly:***

1. Serve turkey mixture in lettuce leaves.
2. Drizzle sauce on top.
3. Add carrots and bean sprouts; garnish with cilantro.

**Nutritional Analysis:** Per serving

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| Calories: | 191 kcal | Fiber: | | | 1.4 g | | | Calcium: | | 37 mg | |
| Total Fat: | 6.4 g | Cholesterol: | | | 41 mg | | | Iron: | | 3 mg | |
| Saturated Fat: | 1.7 g | Vitamin D: | | | 136 mcg | | | Sodium: | | 694 mg | |
| Protein: | 14.6 g | Potassium | | 524 mg | | |
| Carbohydrates: | 19.7 g |  | | |  | | |  | |  | |
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