

Thai Turkey Lettuce Wraps

Servings: 4

RECIPE BOX

INGREDIENTS

1 ½ LBS LEAN GROUND TURKEY
1 SMALL HEAD CABBAGE (or lettuce of choice for wrap contents)
2 MEDIUM CARROTS, SHREDDED
¼ CUP GREEN ONION, CHOPPED ¾
CUP RED CABBAGE, SHREDDED 3
GARLIC CLOVES, MINCED
½ TSP CRUSHED RED PEPPER FLAKES
½ TBSP OLIVE OIL
2 TBSP CRUSHED PEANUTS (garnish)
½ CUP PEANUT SAUCE*
Homemade Peanut Sauce
7 TBSP POWDERED PEANUT BUTTER
1 TSP SRIRACHA
1 TBSP HONEY
½ TBSP FRESH GINGER
½ TSP FISH SAUCE
1 LIME, JUICED
2-3 TBSP WATER(MIX UNTIL YOU LIKE THE CONSISTENCY)



DIRECTIONS

Step 1: Heat olive oil in large pan over medium heat. Add garlic and red pepper flakes until fragrant.

Step 2: Add ground turkey and cook, set aside.

Step 3: Arrange cabbage or lettuce leaves on a plate and divide carrots, red cabbage, green onions evenly among cups. Top with turkey and spoon peanut sauce on top.

Step 4: Garnish with green onion and crushed peanuts. Makes 8 wraps, enjoy 2!

GF This recipe is gluten free as written.

V Use chopped tofu rather than ground turkey.

Nutrition per Serving: Calories 402, Fat 5g, Carbs 26g, Fiber 8g, Sugars 14g, Protein 34g

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