



Asian Turkey Lettuce Wraps

These tasty wraps can be enjoyed hot, room temperature, or cold. One small wrap makes a great mid-day snack. NOTE: Many brands of hoisin sauce have lots of sugar, so be sure to read the labels and choose one that is low in sugar.

Ingredients:

- 1 tsp olive oil
- 1 tbsp minced garlic
- 1tsp minced ginger (optional)
- 1/3 cup hoisin sauce
- 1 finely chopped red bell pepper
- 4 scallions, finely chopped
- 1 lb ground turkey
- 2 medium - large shredded carrots
- 1 medium cucumber, seeded & chopped (optional)
- 8 large romaine leaves

Instructions:

1. In a large skillet on medium heat add the oil, turkey and ginger; cook for about 5 minutes (until the turkey is no longer pink, breaking up the turkey into small pieces).
2. Add garlic and cook 30 seconds more.
3. Stir in hoisin sauce and stir to coat turkey with the sauce, continuing to break the turkey into crumbles.
4. Add carrots and pepper and sauté 2 more minutes. Add scallions and stir to combine with turkey mixture.
5. Spoon turkey mixture into each lettuce leaf. Top with diced cucumber if desired.

