Savory Turkey Lettuce Wraps

Lean ground turkey seasoned with Asian flavors, wrapped in crisp lettuce for a light, protein-packed meal.

Servings: 2 **Time:** 20 minutes

Ingredients

- 8 oz ground turkey
- 1 tbsp olive oil
- 2 cloves garlic, minced
- 1 tbsp fresh ginger, grated
- 2 tbsp low-sodium soy sauce
- 1 tbsp hoisin sauce
- 1 tsp sesame oil
- 1/4 cup diced water chestnuts
- 2 green onions, thinly sliced
- 1/2 cup shredded carrots
- 1 head butter lettuce, leaves separated
- Salt and pepper to taste
- Optional: red pepper flakes for heat

Instructions

1. Heat olive oil in a skillet over medium heat.
2. Add garlic and ginger; sauté for 1 minute until fragrant.
3. Add ground turkey, cooking until browned and cooked through, about 6-8 minutes.
4. Stir in soy sauce, hoisin sauce, sesame oil, and diced water chestnuts; cook for another 2 minutes.
5. Remove from heat and mix in green onions and shredded carrots.
6. Season with salt, pepper, and optional red pepper flakes to taste.
7. Spoon the turkey mixture into butter lettuce leaves and wrap tightly.
8. Serve immediately and enjoy a light, satisfying meal.

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