Savory Turkey Avocado Lettuce Wraps

Lean ground turkey seasoned and wrapped in crisp romaine, topped with creamy avocado slices for a fresh, low-carb meal perfect for weight management.

Servings: 2 **Time:** 20 minutes

Ingredients

- 8 oz ground turkey
- 1 tbsp olive oil
- 1 clove garlic, minced
- 1/4 cup finely chopped onion
- 1 tbsp low-sodium soy sauce
- 1/2 tsp ground cumin
- 1/4 tsp smoked paprika
- 1/4 tsp black pepper
- 1/8 tsp salt
- 4 large romaine lettuce leaves
- 1/2 medium avocado, sliced
- 1 tbsp fresh cilantro, chopped (optional)
- 1 tbsp lime juice

Instructions

1. Heat olive oil in a skillet over medium heat.
2. Add minced garlic and chopped onion; sauté until fragrant and translucent, about 3 minutes.
3. Add ground turkey to the skillet, breaking it apart with a spatula.
4. Cook turkey until browned and fully cooked through, about 6-8 minutes.
5. Stir in soy sauce, cumin, smoked paprika, black pepper, and salt; cook 1 more minute.
6. Remove skillet from heat and mix in lime juice for a fresh touch.
7. Rinse romaine leaves and pat dry.
8. Spoon the seasoned turkey evenly into each lettuce leaf.
9. Top each wrap with avocado slices and sprinkle with chopped cilantro if using.
10. Serve immediately and enjoy.

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