Savory Turkey Lettuce Wraps

Light and protein-packed turkey lettuce wraps with fresh tomatoes, perfect for a healthy, low-carb meal.

Servings: 2 **Time:** 25 minutes

Ingredients

- 12 oz ground turkey
- 1 head romaine lettuce (leaves separated)
- 1 cup diced tomatoes (drained)
- 1/4 cup diced onion
- 1 clove garlic, minced
- 1 tbsp olive oil
- 2 tbsp low-sodium soy sauce
- 1 tsp smoked paprika
- 1/2 tsp black pepper
- 1/4 tsp crushed red pepper flakes (optional)
- Fresh cilantro for garnish (optional)

Instructions

1. Heat olive oil in a skillet over medium heat.
2. Add diced onion and garlic; sauté until translucent, about 3 minutes.
3. Add ground turkey, breaking it apart with a spatula, cook until no longer pink, about 6-8 minutes.
4. Stir in smoked paprika, black pepper, red pepper flakes, and low-sodium soy sauce; cook for another 2 minutes.
5. Remove skillet from heat and gently fold in diced tomatoes.
6. Wash and pat dry romaine lettuce leaves.
7. Spoon the turkey mixture evenly into the center of each lettuce leaf.
8. Garnish with fresh cilantro if desired, then wrap and serve immediately.

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