

GROUND TURKEY LETTUCE WRAPS



What you need:

- 1 tsp. olive oil
- 1 lb. raw 93% lean ground turkey breast
- ½ medium red onion, chopped
- ½ medium red or green bell pepper, chopped
- 1 clove garlic, finely chopped
- 1 green onion, chopped
- ⅔ cup chopped water chestnuts
- 1 Tbsp. Braggs Liquid aminos
- 1 Tbsp. seasoned rice vinegar
- 2 Tbsp. chopped fresh cilantro
- 1 large head of lettuce (like red leaf, romaine, or bibb), separated into leaves

What you do:

Heat oil in medium saucepan over medium-high heat. Add turkey, onion, and bell pepper; cook, stirring frequently, for 4 to 6 minutes, or until turkey is cooked through and onion is translucent. Add garlic, green onion, water chestnuts, braggs, and vinegar; cook, stirring occasionally, for 2 to 3 minutes, or until most of the liquid has evaporated. Add cilantro; mix well. Remove from heat. Evenly spoon mixture onto lettuce leaves; wrap the leaves around mixture, and enjoy!

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