

**Boston Medical Center
Nutrition Resource Center**

Preventative Food Pantry: (617) 414-3834 or (617) 414-5263
Food Demonstration Kitchen: (617) 414-3840 or www.bmc.org



**Asian Turkey Lettuce Wraps
Makes 8 small wraps**

8 Boston Bibb or butter lettuce leaves
1 pound ounces ground turkey or chicken
Vegetable oil spray
½ cup minced onion
½ cup finely diced celery
1 tablespoon minced garlic
1 teaspoon fresh minced ginger, or ½ teaspoon ground ginger
½ cup shredded carrot
3 each scallions, thinly sliced
1 teaspoon reduced-sodium soy sauce
2 Tablespoons hoisin sauce
1 ½ teaspoon rice wine vinegar
1 teaspoon Asian chili pepper sauce (optional)
1 teaspoon sesame oil

Directions:

1. Rinse lettuce leaves, keeping them whole. Pat dry with paper towels and put aside.
2. Lightly spray a large skillet with vegetable oil cooking spray. Heat skillet to medium-high heat and add ground turkey, stirring to break up the meat. Cook until browned and cooked through, about 5 minutes.
3. Add onion, celery, garlic, ginger, and cook for 1 minute.
4. Add carrot, scallions, soy sauce, hoisin sauce, vinegar, chili sauce, sesame oil. Mix well and cook another 2 minutes..
5. Arrange lettuce leaves on a platter. Spoon meat mixture in center. Eat like a taco.

Nutritional Information per wrap:

Calories: 130	Carbohydrates: 5g
Total Fat: 6g	Cholesterol: 32mg
Saturated Fat: 2g	Dietary Fiber: 1g
Sodium: 108mg	Protein: 14g