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.  

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