

APRIL: Quick and Easy Lettuce Wraps

Total Time: 40 minutes Makes: 6 servings

Ingredients:

- 1 lb ground turkey
- 2 can pre-diced water chestnuts
- 1/2 cup diced white mushrooms
- 1/2 red bell pepper, diced
- 2 cloves garlic, minced or crushed
- 3 Tbsp Hoisin sauce (in the oriental foods aisle)
- 2 tsp sesame oil
- 3 Tbsp Soy Sauce, low sodium
- 1/8 tsp salt
- 2 heads butter head lettuce, rinsed and patted dry

Directions: Begin by dicing red bell pepper, mushrooms, and water chestnuts (unless you bought pre-diced). Set aside.

Mince garlic, and then in a small bowl, whisk garlic, soy sauce, salt, and hoisin sauce. Set aside.

Add sesame oil to a large skillet or wok set over medium-high heat. Add ground turkey and cook for 5 minutes, using a spatula to crumble the meat. Add the mushrooms and red bell pepper and cook for 3 minutes, stirring frequently, until the turkey is no longer pink and the mushrooms have begun to soften.

Add the sauce mixture to the pan and stir to coat all ingredients. Cook for 3 minutes to allow the sauce to thicken slightly. Add water chestnuts, and give the whole pan one final stir. Remove from heat.

To serve: Divide lettuce leaves among plates. Spoon a small amount of the filling into each lettuce leaf and lightly roll to eat.



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