

Lettuce Wraps with Ground Turkey

*Similar to P.F. Chang's Lettuce Wraps, but made with ground turkey a healthier version.....

Ingredients

- 1 tbsp. garlic powder
- 1 tbsp. onion powder
- 2 tbsp. Szechuan seasoning
- 20 oz. ground turkey breast
- 1 cup chopped carrots
- 1 cup chopped celery
- 10 large lettuce leaves
- 1 cup pieces or slices mushrooms
- 3 tbsps. lite soy sauce

Directions

1. Brown turkey with Szechuan seasoning and half of the garlic and onion powder.
2. When almost brown, add vegetables and stir-fry until crisp tender; adding the rest of the garlic and onion powder and the soy sauce.
3. Serve with lettuce leaves.

Nutrition Facts: Serving Size 1 serving

Recipe Makes 5 Servings (4oz turkey per serving)

Amount per Serving:

Cholesterol 75mg

Calories from Fat 72

Sodium 420mg

Calories 172

Potassium 437mg

Total Fat 8.02g 12%

Total Carbohydrate 6.49g

Saturated Fat 2.175g

Sugars 2.65g

Protein 18.19g