

Asian Lettuce Wraps



- 1 Tablespoon **canola oil**
- 1 medium **onion**, chopped
- $\frac{3}{4}$ pound **lean ground turkey**
- 1 **cucumber**, peeled, seeded, and chopped
- $\frac{1}{2}$ cup **fresh mint**, coarsely chopped
- 1 teaspoon **lime juice**
- $\frac{1}{4}$ cup **peanut sauce**
- 1 Tablespoon **hoisin sauce**
- 1 Tablespoon **low-sodium soy sauce**
- 8 **butter lettuce** or Savoy cabbage leaves

- 1 Heat oil in large skillet on medium high. Add onion and sauté until tender, 3-4 minutes. Add turkey and cook until browned, 5-6 minutes.
- 2 Meanwhile, combine cucumber, mint, and lime juice in a bowl; set aside.
- 3 Add peanut, hoisin, and soy sauces to turkey. Stir and warm through.
- 4 Place the mixture onto leaves and top with cucumber mixture. Fold sides over filling, roll up, and eat!

Per Serving (2 wraps): 209 calories, 24g protein, 10g carbohydrate (2g fiber), 8g fat (1g sat, 7g mono/poly), 305mg sodium

Serves 4

SEASONED COOK

With these ingredients on hand, you've got a meal in 15 minutes. These also work as a first course and are great with a fruit salad.