

Lettuce Wraps

Servings: 6

Serving Size: 2 wraps

Ingredients

1 ½ pounds ground turkey, lean beef or pork
3 tablespoons fat-free, low-sodium chicken broth
1 teaspoon grated ginger
1 teaspoon minced garlic
½ cups chopped water chestnuts
¼ cup chopped red onion
¼ cup sliced green onion
3 tablespoons shredded carrots
2 tablespoons cup lime juice
1 tablespoon sugar
2 tablespoons oyster sauce
1 teaspoon sesame oil
12 whole lettuce leaves

Instructions

Heat large skillet over medium heat and cook ground meat with broth and ginger for 8 minutes or until meat is cooked. Stir frequently to break up meat and cook thoroughly.

Drain cooked meat well and place in large mixing bowl. Add water chestnuts, red onion, green onion, lime juice, sugar and fish sauce. Mix well.

Place 1/3 cup of mixture into each lettuce leaf and serve. May be served cold or warm.

Nutrition

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| Calories | 207 kcal |
| Fat | 9.8 g |
| Saturated fat | 2.5 g |
| Trans fat | 0 g |
| Cholesterol | 90 mg |
| Sodium | 338 mg |
| Carbohydrates | 7 g |
| Protein | 20 g |