



ASIAN TURKEY LETTUCE WRAPS

By Dr. Cindy Tanzar
(Standard)

One of our most frequently requested recipes is for Asian food. The combined flavors in this recipe are really delicious and flavorful. This recipe is a great example. Lettuce wraps are a great substitute for many recipes requiring bread or tortillas, but you can eat this dish over cauliflower rice, as well. You can easily double this recipe for plenty of leftovers, too.

This recipe serves 4 and covers your protein, fat and 1 serving of vegetable. Add 1/2 cup of cooked vegetable or 1 cup raw, plus fruit to complete your meal. Enjoy!



INGREDIENTS

- 1 lb. ground turkey
- 1 Tbsp. extra virgin coconut or avocado oil
- 1 cup Shitake or white mushrooms, chopped
- 3 Tbsp. almond butter (no sugar added)
- 1 Tbsp. rice vinegar (or apple cider vinegar)
- 2 stalks celery, chopped



3 cloves garlic, minced
2 Tbsp. fresh ginger, minced
1/3 cup Tamari (gluten-free) soy sauce or Coconut Aminos
1/4-1/2 tsp. crushed red pepper flakes (optional)
1/2 cup green onions, sliced
1 head of Bibb, Butter or Romaine Lettuce

INSTRUCTIONS

Cook turkey in skillet with oil, until it crumbles and is no longer pink. Add mushrooms, almond butter, vinegar, celery, garlic, ginger, Tamari and red-pepper flakes.

Cook on medium heat, stirring often, for about 4 minutes. Add green onions, stir and remove from heat, letting sit for a couple of minutes.

Spoon mixture into lettuce leaves.

Options:

- Although not Asian, chopped fresh tomato or avocado tastes great on top
- Tear lettuce, spooning turkey mixture over the top to eat with a fork
- Sprinkle with Frank's Hot Sauce (most Sracha sauces contain sugar)