

SWEET ASIAN LETTUCE WRAPS

Gluten Free, Low Carb / Diabetes Friendly, Lower Saturated Fat, Lower Sodium

Serves: 3 (Serving= 2 lettuce wraps with 1/2 cup mixture in each)

Nutrition (per serving)

Calories: 251

Total Fat: 5 g

Saturated Fat: 0.5 g

Sodium: 258 mg

Total Carbohydrate: 11 g

Dietary Fiber: 1 g

Protein: 35 g



Ingredients

- 2 teaspoons sesame oil
- 1 pound extra-lean ground turkey breast
- ¼ cup green onion, diced
- ½ cup pineapple, cut into small pieces
- 1 Tablespoon sesame seeds (can be toasted to bring out the flavor)
- 1 Tablespoon pistachios, chopped
- 1 Tablespoon lite soy sauce (choose gluten free for GF version)
- 1 Tablespoon Splenda® Brown Sugar Blend
- 6 large lettuce leaves



OSF
HEALTHCARE

Directions

1. In a large skillet on medium, cook ground turkey in sesame oil until only a small amount of pink is left.
2. Add remaining ingredients (except lettuce leaves) and cook together until meat is fully cooked.
3. Spoon mixture into lettuce leaf, wrap and enjoy!