

# Spicy Asian Lettuce Wraps

(Makes 6 servings)

- 1 T Oil for cooking
- 4 T “Braggs Amino Acids” or a low sodium Soy Sauce
- 3 T minced red onion or shallots
- 2 T minced garlic
- 2 T grated ginger root
- 1 1/2 lbs. ground turkey or diced chicken breast
- 1 cup chopped fresh cilantro
- 1 T Chile Garlic Sauce (or slightly more if you like spicy foods)
- 1/4 cup chopped peanuts (optional)
- 1 large head or 2 small heads Boston Lettuce or butter lettuce, or iceberg lettuce



Sold in the Soy Sauce section at the store.



1. Cut out the core from a head of Boston lettuce, butter lettuce, or even iceberg lettuce,
2. wash the lettuce and chill lettuce leaves in bowl of ice water.
3. Heat the oil in a large non-stick frying pan, add onion and sauté about 2 minutes.
4. Add garlic and ginger root and sauté about one minute more.
5. Add ground turkey to frying pan with Braggs Amino soy sauce alternative & chili garlic sauce
6. Cook until the turkey is brown and crumbling apart, about 5 minutes.
7. While turkey cooks, wash and chop fresh cilantro to make 1 cup.
8. Chop peanuts and put in small bowl to serve at the table.
9. When turkey is done, add chopped cilantro and cook 1-2 minutes more.
10. Remove lettuce from ice bath and pat dry.
11. Put filling, peanuts and lettuce leaves each in separate bowls for guests to serve themselves.

Each person takes a lettuce leaf, fills with desired amount of turkey mixture, adds chopped peanuts. Lettuce can be folded into “cup” so it's kind of taco-shaped, or wrap the lettuce around the filling.

Estimated  
Glycemic Load  
**2**

<b>Nutrition Facts</b>	
Serving Size 204 g	
<b>Amount Per Serving</b>	
Calories 290	Calories from Fat 156
<b>% Daily Value*</b>	
<b>Total Fat</b> 18g	27%
Saturated Fat 4g	20%
Trans Fat 0g	
<b>Cholesterol</b> 107mg	36%
<b>Sodium</b> 936mg	39%
<b>Total Carbohydrate</b> 5g	2%
Dietary Fiber 1g	5%
Sugars 1g	
<b>Protein</b> 28g	

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