

# Turkey Lettuce Wraps

## Ingredients

- 1 pound ground turkey (sub w/ tofu for vegetarian)
- ¼ cup shredded carrots
- 6 oz mushrooms coarsely chopped
- 1 (8 oz) can sliced water chestnuts; coarsely chopped
- 2 green onions chopped
- 1 garlic clove minced
- 2 tbsp hoisin sauce (you can buy premade, but I have included recipe below)
- 2 tbsp low sodium soy sauce
- 1 tbsp rice wine vinegar
- 2 tsp red chili paste (I have used sriracha)
- Butter or Romaine Lettuce leaves



## Instructions

1. Cook ground turkey over medium high heat in a medium sized skillet
2. Add carrots, mushrooms, water chestnuts, green onion and garlic. Continue to cook until veggies are tender
3. Add hoisin sauce, soy sauce, rice wine vinegar and chili paste. Stir in and let simmer for 1-2 min. Serve on lettuce leaves.

**\*\*can also add chopped peanuts for garnish.**

## Hoisin Sauce Recipe

- 1 garlic clove minced
- 1 tsp Chinese hot sauce
- 1 tbsp molasses (or 1 tsp honey)
- 2 tbsp peanut butter
- 2 tbsp soy sauce
- 2 tsp rice wine vinegar
- 2 tsp sesame oil
- Black pepper to taste

Mix all ingredients well.