

Teriyaki Lettuce Wraps

Lettuce wraps make great appetizers or enjoy for an entree. Pairs well with fresh or canned pineapple.

Makes: 6 servings

Ingredients

- ¼ cup water
- 1 tablespoon cornstarch
- ½ cup reduced sodium teriyaki sauce
- 1 pound ground turkey
- 1 cup canned water chestnuts, chopped
- 1 cup frozen peas and/or carrots, thawed (optional)
- 1 tablespoon oil
- 6 iceberg lettuce leaves



Directions

1. Mix the water, cornstarch, and teriyaki sauce.
2. Add ground turkey, water chestnuts, peas and/or carrots to the teriyaki sauce mixture.
3. Heat oil in a skillet or heavy saucepan and add meat and sauce mixture; stir until cooked through.
4. Serve in a lettuce leaf.

Notes

- Ground or thinly sliced beef or pork can be substituted for turkey.
- Romaine or Boston lettuce can be substituted for iceberg lettuce.

Recipe from: *Simple Healthy Recipes*, Oklahoma Nutrition Information and Education, ONIE Project, adapted by the USDA Food and Nutrition Administration.

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