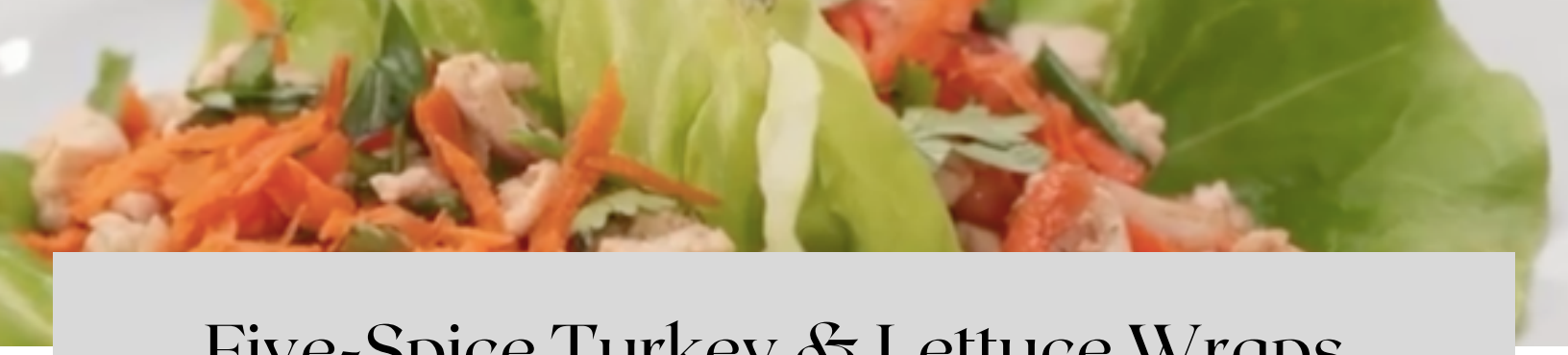


Five-Spice Turkey & Lettuce Wraps

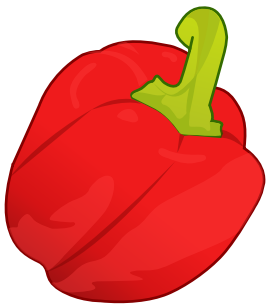
Source: eatingwell

These turkey lettuce wraps come together fast for a healthy dinner or try them as a fun appetizer for entertaining. Adding instant brown rice to the filling increases the fiber, making them more satisfying. Serve with chile-garlic sauce and rice vinegar for extra zip.

SERVINGS: 4 PREPPING TIME: 15 MIN COOKING TIME: 30 MIN

Ingredients

- 1./2 cup water
- 1/2 cup instant brown rice
- 2 teaspoons sesame oil
- 1 pound 93%-lean ground turkey
- 1 tablespoon minced fresh ginger
- 1 large red bell pepper, finely diced
- 1 8-ounce can water chestnuts, rinsed and chopped
- 1/2 cup reduced-sodium chicken broth
- 2 tablespoons hoisin souce
- 1 teaspoon five-spice powder
- 1/2 teaspoon salt
- 2 heads Boston lettuce, leaves separated
- 1/2 cup chopped fresh herbs, such as cilantro, basil, mint and/or chives
- 1 large carrot, shredded



Nutrition Facts	
4 Servings **Serving Size**	**11/4 of recipe**
Amount per serving **Calories**	**276**
Total Fat	10.5g
Saturated Fat	2.4g
Cholesterol	65.2mg
Sodium	595.1mg
Total Carbohydrates	20.8g
Dietary Fiber	3.5g
Total Sugars	6.2g
Protein	25.9g
Potassium	676.7mg

Directions

1 **Prep** Bring water to a boil in a small saucepan. Add rice; reduce heat to low, cover and cook for 5 minutes. Remove from the heat

2 **Cook** Meanwhile, heat oil in a large nonstick pan over medium-high heat. Add turkey and ginger; cook, crumbling with a wooden spoon, until the turkey is cooked through, about 6 minutes. Stir in the cooked rice, bell pepper, water chestnuts, broth, hoisin sauce, five-spice powder and salt; cook until heated through, about 1 minute.

3 **Serve** To serve, divide lettuce leaves among plates, spoon some of the turkey mixture into each leaf, top with herbs and carrot and roll into wraps.

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