

Eat Well Recipe

Teriyaki Turkey Lettuce Wraps

- 1 pound ground turkey
- One 10-ounce bag shredded carrots
- 4 to 5 scallions, thinly sliced
- 1/3 cup store-bought low sodium teriyaki sauce
- 1 head iceberg lettuce, leaves separated

In a large skillet, heat 1 tablespoon extra-virgin olive oil over high heat. Add the turkey and cook, breaking up the meat with a spoon, until browned, about 4 minutes. Stir in the carrots, scallions and 1/4 cup water; lower the heat to medium-low. Cover loosely with foil and cook until the water is absorbed and the veggies are soft, about 4 minutes. Stir in the teriyaki sauce to taste and cook until heated through, about 4 minutes. Divide the mixture among the lettuce leaves, about 1/4 cup for each; roll up and serve immediately.

This recipe is provided by SHS Wellness Programs.

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