



LETTUCE WRAPS

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It is delicious, and it is somewhat healthy!

DIRECTIONS:

1. Brown turkey. Add red pepper, onion, garlic and ginger. Cook 2 minutes.
2. Add hoisin sauce, soya sauce, pepper flakes and almonds.
3. Serve on lettuce leaves (as wraps)
4. ENJOY!

INGREDIENTS:

1 pkg lean ground turkey or chicken
1 red pepper, finely chopped
2 green onions, finely chopped
minced garlic and ginger
1 tbsp. soya sauce
1/2 tsp red pepper flakes
1/3 cup hoisin sauce
1/4 cup sliced toasted almonds
head of romaine lettuce