

TURKEY TACO LETTUCE WRAPS

INGREDIENTS

- 1 tbsp. olive oil
- 1 lb. lean ground turkey
- 2 cloves of garlic
- Salt and freshly ground black pepper
- 1 tbsp. chili powder
- 1 tsp. ground cumin
- ½ tsp. paprika
- ½ cup tomato sauce
- ½ cup low-sodium chicken broth
- Iceberg or Romaine lettuce leaves, doubled up - for serving
- Suggested toppings: Diced Roma tomatoes, diced red onion, chopped cilantro, light sour cream, (Shredded Mexican cheese and diced avocado for Maintenance only)



PREPARATION

1. Heat up olive oil in a non-stick skillet over medium-high heat.
2. Add turkey and garlic, season with salt and pepper, and cook. Toss and break up turkey occasionally, until cooked through. For about 5 minutes.
3. Add chili powder, cumin, paprika, tomato sauce and chicken broth.
4. Reduce heat to a simmer and cook about 5 minutes until sauce has reduced.
5. Serve mixture over lettuce leaves with desired toppings.
6. Wrap lettuce and serve.

