



Northeast Georgia Medical Center
BARIATRIC WEIGHT LOSS CENTER



Asian Lettuce Wraps

Serves: 4 Serving Size: 3oz

Ingredients:

- 2 stalks fresh green onions (scallions)
- ¼ cup unsalted peanuts
- 2 garlic cloves, finely minced
- 2 Tbsp less sodium soy sauce
- 3 Tbsp Hoisin sauce
- 1 lb lean ground turkey
- 2 inches fresh ginger, finely grated
- Boston Bibb lettuce leaves (can be substituted with romaine lettuce leaves)

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Steps:

1. Slice scallions evenly. Optional: save a small amount to the side for garnishing.
2. Gently chop peanuts.
3. Add oil to hot frying pan and brown ground turkey. Once meat is browned, add salt and pepper to taste.
4. Add minced garlic, grated ginger, soy sauce, and hoisin sauce.
5. Continue cooking turkey for about another 5 minutes until it is fully cooked.
6. Add green onions and chopped peanuts.
7. Add cooked ground turkey to lettuce leaf and serve.

Nutrition Facts (per serving):

Calories: 264g Protein: 24g, Fat: 8g, Saturated Fat: 4g, Carbohydrates: 6g, Sugars: 3g, Sodium: 423 mg

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