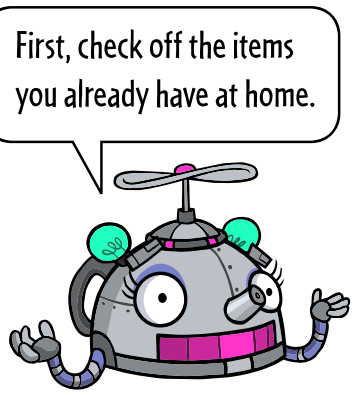
SHOPPING LIST

Asian Lettuce Wraps

- [ ] Ground Turkey
- [ ] Soy Sauce
- [ ] Chili-Garlic Sauce
- [ ] Chicken Broth
- [ ] Peanut Butter
- [ ] Oyster Sauce
- [ ] Lime Juice
- [ ] Olive Oil
- [ ] Minced Ginger
- [ ] Coleslaw
- [ ] Boston Lettuce



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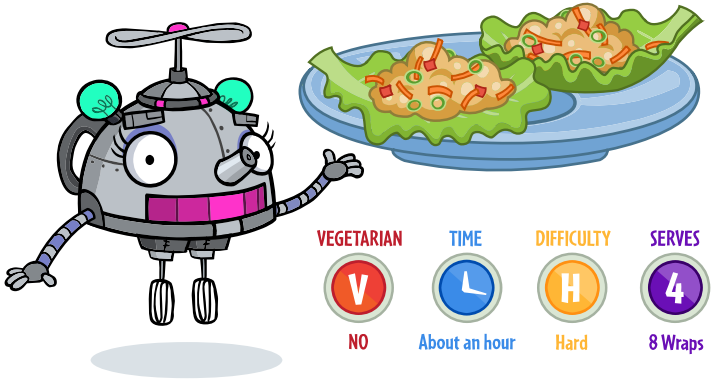
DINNER

FIZZY'S LUNCH LAB

Asian Lettuce Wraps



VEGETARIAN	TIME	DIFFICULTY	SERVES
V		H	4
NO	About an hour	Hard	8 Wraps

YOU WILL NEED

- **12 ounces** ground turkey
- **3 tablespoons** low-sodium soy sauce
- **1 teaspoon** chili-garlic sauce
- **½ cup** low-sodium chicken broth
- **¼ cup** natural creamy peanut butter
- **2 tablespoons** oyster sauce
- **2 tablespoons** fresh lime juice
- **1 tablespoon** olive oil
- **1 tablespoon** minced fresh ginger
- **1 cup** coleslaw mix
- **8 large leaves from 1 head** of Boston lettuce

DIRECTIONS

ATTENTION KIDS: Always cook with a grownup!

STEP 1: Mix the turkey, 2 tablespoons of the soy sauce, and chili-garlic sauce in a small bowl. Marinate for 10 minutes.

STEP 2: In a separate medium bowl, whisk together the chicken broth, peanut butter, oyster sauce, remaining tablespoon of soy sauce, and 1 tablespoon of the lime juice; set aside.

STEP 3: Heat a 12-inch nonstick skillet over medium-high heat; once hot, add the oil. Add the turkey and cook, breaking up the meat with a spoon, until lightly browned and no longer pink, 5 to 7 minutes. Stir in the ginger and cook for 1 minute. Add the peanut butter mixture and simmer until thickened, about 3 minutes. Transfer the turkey mixture to a medium bowl. Stir in the coleslaw mix and remaining tablespoon of lime juice; set aside to cool for 10 minutes.

STEP 4: Divide the turkey mixture among the 8 lettuce leaves, and serve.

Nutrition Facts

Serving Size 1 wrap (107g)
Servings Per Container 8

Amount Per Serving	
Calories 140	Calories from Fat 80
	% Daily Value*
Total Fat 8g	12%
Saturated Fat 1.5g	8%
Trans Fat 0g	
Cholesterol 25mg	8%
Sodium 460mg	19%
Total Carbohydrate 5g	2%
Dietary Fiber 1g	4%
Sugars 2g	
Protein 11g	
Vitamin A 10% • Vitamin C 10%	
Calcium 2% • Iron 6%	

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4