

BEYOND HUNGER

Turkey Taco Lettuce Wraps

Whether you are a beginner cook or a true professional, you'll want to try this dish. This recipe is a new and light taco option that may soon become a staple in your kitchen. We hope you enjoy this tasty twist on a classic taco with less carbs and more fiber!

Yields: 4 servings

Serving Size: 1 taco

Ingredients:

- 2 Tbsp **extra-virgin olive oil**
- 1 small **yellow onion**, chopped
- 1 lb. **ground turkey**
- 1 Tbsp **tomato paste**
- 1 Tbsp **chili powder**
- **Salt and pepper** to taste
- 1 cup **low-sodium chicken broth**
- 2 heads **romaine lettuce** (separated), use only whole, outer leaves

For Serving:

- Shredded Mexican cheese
- Chopped tomatoes
- Chopped red onion
- Chopped avocado or guacamole
- Freshly chopped cilantro

Instructions:

1. Heat oil in a large skillet over medium heat. Add onion and cook until just soft, about 5 minutes. Add turkey to the skillet and season with salt. Cook, breaking up meat with the side of a spoon, until meat is cooked through, about 4 minutes.
2. Add tomato paste and chili powder to the skillet, stir thoroughly, and cook 1 minute. Add broth and simmer, stirring occasionally, until thickened, about 2 minutes more.
3. Double up lettuce leaves and place on a serving platter. Divide meat mixture among leaves. Sprinkle with cheese, tomato, onion, avocado, and cilantro. Serve warm.

Chef's Notes: Garnish to your liking with cheese, tomatoes, red onion, avocado and guacamole and/or chopped cilantro. Note that this will change/alter the nutrition facts below.

Per Serving: Calories 307 kcal, Carbohydrates 14.4g, Protein 28g, Saturated Fat 3.6g, Sodium 170mg, Fiber 7.7g, Sugars 5.2g