

Healthy You Recipe Challenge – Class 2

Remember how different shapes of plates and bowls can create portion distortion?
Fill your plate with this veggie packed wrap to ensure you feel satisfied after your meal!

Rainbow Lettuce Wraps

(Dietitians of Canada Cook! by Mary Waisman)

Makes 2 cups of filling (approx. 10-12 wraps)

Ingredients:

- 1lb lean ground turkey or chicken
- 1 tbsp grated gingerroot
- 2 tsp canola oil
- ¾ cup finely chopped red bell pepper
- ¾ cup finely chopped yellow bell pepper
- ½ cup finely chopped onion
- 2 cloves garlic, minced
- 1 can sliced water chestnuts, drained and chopped
- ¼ cup hoisin sauce
- ¾ tsp Chinese five spice powder (*or substitute with a blend of ground cinnamon, powdered ginger, ground cloves and anise seeds*)
- ¼ to ½ tsp hot pepper flakes (*optional*)
- ½ cup shredded carrot
- 1 head butter lettuce, leaves separated

Instructions:

1. In a large non-stick skillet, over medium heat, brown turkey and ginger, breaking up turkey with a spoon for 5 to 6 minutes or until no longer pink. Transfer to a bowl and set aside.
2. In the same skillet, heat oil over medium heat. Sauté red pepper, yellow pepper and onion for 4-5 minutes or until vegetables are softened. Add garlic and sauté for 30 seconds. Return turkey to skillet and stir in water chestnuts, hoisin sauce, ¼ cup water, five-spice powder and hot pepper flakes to taste; cook, stirring often, for 3 to 4 minutes or until heated through. Transfer to a serving bowl.
3. Arrange carrot and lettuce leaves on a large platter and set out with turkey mixture. Top each lettuce leaf with 2 tbsp. of the turkey mixture, then carrot. Wrap lettuce to enclose filling.

Nutrients per serving (1 lettuce wrap)	
Calories (kcal)	85
Fat (g)	3
Saturated Fat (g)	0.9
Trans Fat (g)	0
Sodium (mg)	93
Carbohydrates (g)	6
Fibre (g)	1
Sugar (g)	2
Protein (g)	9

