

Ingredients

Preparation time: 20 minutes

Servings: 4

- 1 lb. 99% fat free ground turkey
(can also use ground chicken, pork, or firm tofu)
- 1 large head butter or bibb lettuce
- 2 cloves garlic, minced
- 4 scallions (green onions), chopped
- 1 ½ Tbsp. sesame or canola oil
- ¾ cup garlic ginger stir-fry sauce
- 1 can water chestnuts, drained and chopped

Optional:

- 1 cup shredded carrots
- hot chili sauce

Directions

1. In a medium bowl, combine the ground turkey with the garlic, ½ Tbsp. of the sesame oil, and ¼ cup of the ginger garlic sauce.
2. In a large skillet or wok, heat the remaining 1 Tbsp. of sesame oil until shimmering. Add the turkey mixture and stir-fry over high heat, breaking it up, until it is cooked through and starting to brown, about 8 minutes. Stir in the water chestnuts and scallions, and ¼ cup more of the ginger garlic sauce and remove from the heat.
3. Spoon the turkey into bowls. Stack the lettuce leaves on plates. To eat, spoon the turkey onto the lettuce leaves, top with remaining sauce and optional chili sauce and shredded carrots, roll up and enjoy!

Photo borrowed from www.bettycrocker.com



Cost per serving:

\$ = < \$5, \$\$ = \$5-10, \$\$\$ = > \$10

| Turkey Lettuce Wrap | |
|---------------------|------------|
| Amount | ¼ of total |
| Calories | 260 |
| Fat (g) | 7 |
| Sat. Fat (g) | 1 |
| Carb. (g) | 19 |
| Fiber (g) | 2 |
| Protein (g) | 29 |
| Dairy Free. | |

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Cooking Tip

We used very lean ground turkey because it is easy to find at the grocery store, but you can use any ground meat or tofu that you like. Add in bean sprouts, sesame seeds and peanuts for extra crunch. Instead of lettuce, try using cabbage which is loaded with vitamin c, potassium and fiber.

Performance Facts

The main reason this dish is excellent for supporting athletic performance is the meat. Turkey is a lean protein that is a complete source of amino acids, which helps build muscle after an intense training session. Turkey also contains selenium, which plays an essential role in your antioxidant defense system, helping to eliminate free radicals in the body.

