



USOC
SPORTS NUTRITION

Weekly Recipe: Turkey Lettuce Wraps

Lettuce wraps have long been a favorite at Chinese restaurants, we decided to take this delicious dish and make a healthier version. We used very lean ground turkey because it is easy to find at the grocery store, but you could simply use any ground meat or tofu that you like. For those of you who don't have all the staples for Asian cooking in your cabinet, we simplified the ingredients using a store-bought stir-fry sauce that has the zesty flavors needed. This dish can function as a simple starter or if you serve it with brown rice and a side of broccoli – Voilà- you have a complete meal packed full of lean protein, veggies and whole grains!

Ingredients:

4 Servings:

Makes about 16 lettuce wraps

- 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 eat.

Nutrition Facts

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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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. Adding fiber-rich brown rice will help promote fullness, along with supplying the B-vitamins and phytonutrients needed to support overall health.

Don't be afraid to get creative with this recipe, either. You can 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. If you happen to have some fresh ginger available, add some to the mix for extra flavor and an anti-inflammatory effect that can help decrease muscle soreness after exercise and decrease joint pain.

