

# TASTY TURKEY LETTUCE WRAPS

Healthy Tips for Living



**Servings: 2**

**Ingredients:**

- 1 pound ground turkey
- 1 red bell pepper
- 1 cup chopped green onions
- 1/4 cup chopped cilantro
- 1 clove chopped garlic
- 1 1/2 tbsp. minced ginger
- Dash of sesame oil
- Extra virgin olive oil
- 2 tsp. stir fry sauce
- Chili paste (optional)
- 2 tsp. brown sugar
- 1/4 cup lime juice
- 1 finely chopped cucumber
- 1 finely chopped carrot

## Instructions:

1. **Preheat** a large frying pan to medium heat. While the pan is heating, **mince** the red bell pepper into small pieces. **Chop** 1 cup green onion. **Chop** 1/4 cup cilantro. **Mince** 1 whole garlic clove and 1½ tbsp. of fresh ginger. **Chop** 1 whole cucumber. **Chop** 1 whole carrot. Set the cucumber and carrot aside.
2. **Add** a small amount of extra virgin olive oil into a hot pan. **Sauté** the ginger and garlic. After a minute, **add** the chopped vegetables into the pan and stir until the flavors have merged and they're lightly cooked. **Remove** from heat and pour into a bowl.
3. In the preheated frying pan, **add** 1 pound of ground turkey. Brown the ground turkey until the turkey is no longer pink. Once cooked thoroughly, **drain** the remaining water and fat from the pan.
4. With the turkey in the pan, bring the heat up to medium. **Add** the cooked vegetables to the pan and stir with the turkey. Mix in 1-2 tsp. of stir fry sauce. **Add** a few drops of sesame oil and stir over medium heat. **Add** chili paste to taste (optional). **Add** 2 tsp. of brown sugar and lime juice and stir.
5. **Rinse and dry** 4 leaves of romaine lettuce and place on a plate. **Scoop** the turkey/vegetable mixture onto the lettuce. **Garnish** with chopped cucumber and carrots.

**Enjoy!**

[CignaMedicalGroup.com](https://www.cignamedicalgroup.com)

"Cigna," and the "Tree of Life" logo are registered service marks, and "Cigna Medical Group" is a service mark, of Cigna Intellectual Property, Inc., licensed for use by Cigna Corporation and its operating subsidiaries. All products and services are provided by or through such operating subsidiaries, including Connecticut General Life Insurance Company, Cigna Health and Life Insurance Company, and Cigna HealthCare of Arizona, Inc., and not by Cigna Corporation. Cigna Medical Group (CMG) is an operating division of Cigna HealthCare of Arizona, Inc.

877492 01/20 © 2020 Cigna. Some content provided under license.