

# ASIAN TURKEY LETTUCE WRAPS

## With Almond Butter Sauce (all plans)

This recipe is quite delicious and a great protein choice for our vegan/vegetarian clients. It really is a fun, fresh and tasty meal. With ground turkey/chicken, you will have 4 full servings of protein. The vegetables you use will be raw, so two cups are needed overall, including the lettuce (you can estimate one lettuce wrap to be 1/2 a cup, depending on its size).



### INGREDIENTS (standard plan)

- 1 lb ground turkey or chicken (not the breast meat)
- 1-2 Tbsp avocado oil
- 1 Tbsp Tamari or coconut aminos
- 2 tsp. Lakanto maple syrup or 1/4 tsp. pure maple extract
- 1/2 tsp. ground coriander (can sub curry or garam masala)
- 1/4 tsp. garlic powder
- 1/8-1/4 red pepper flakes, to taste (optional)
- Thinly sliced red cabbage, green cabbage, red/orange/yellow bell pepper, green onions or any veggies you prefer
- Lettuce leaves for a wrap

### CREAMY ALMOND BUTTER SAUCE (standard plan)

- 1/4 cup creamy almond butter (no sugar, just nuts/salt)
- 1/4 cup water
- 1 Tbsp white or rice vinegar

1 Tbsp Tamari or coconut aminos  
1 Tbsp Lakanto maple syrup or 1/8 tsp pure maple extract  
1/2 tsp. toasted sesame oil

Mix all the ingredients together in a small bowl or measuring cup until smooth and creamy. You may need to add water (1/2 tsp. at a time) to get the consistency you like due to your brand of nut butter.

The recipe can be doubled for extra to be used as a salad dressing, dip for veggies or drizzled over zucchini noodles. Serving size is 2 Tbsp and covers your fat per serving.

## **INSTRUCTIONS (for ground turkey)**

In a bowl, mix the Tamari sauce, Lakanto maple syrup, coriander, garlic and red pepper flakes and set aside.

Heat a skillet over medium heat. Add avocado oil and turkey, breaking it up with a spoon into small pieces as it cooks. Pour Tamari mixture into turkey while cooking and simmer until liquid is absorbed, meat is cooked and no longer pink.

Assemble two lettuce wraps by filling with turkey (3.5 oz) and your choice of chopped raw veggies. Drizzle each wrap with one Tbsp almond butter sauce.