

Ground Turkey Sweet Potato Lettuce Wraps

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**GREATER
CHICAGO**
- FOOD -
DEPOSITORY.

Serves: 4

Prep: 10 minutes | **Cook:** 15 minutes

INGREDIENTS

- 2 tablespoons cooking oil
- 1 pound extra lean ground turkey
- 1 teaspoon garlic, minced *
- ½ cup onions, diced
- ½ cup bell pepper, diced
- 1 ½ cups sweet potato, diced
- Salt and black pepper, to taste
- 8 large lettuce leaves

DIRECTIONS

1. In an skillet, heat oil over medium high heat.
2. Add ground turkey, garlic and break up the turkey. Cook for about 7 minutes and don't forget to stir occasionally.
3. Add onions and bell peppers. Cook until onions are translucent.
4. Add the sweet potato and a pinch of salt and pepper if desired.
5. Cover the skillet and cook until they are tender. Don't forget to stir occasionally. If necessary, add more oil or a little bit of water to help to cook the sweet potato. When it is tender, remove from the heat.
6. Spoon the ground turkey mixture into individual lettuce leaves. Enjoy immediately



Nutrition Information

Serving size: 2 lettuce wraps

Total calories	242
Total fat	14 g
Saturated fat	3 g
Cholesterol	64 mg
Sodium	85 mg
Carbohydrates	13 g
Fiber	2 g
Sugar	4 g
Added sugar	0 g
Protein	17 g

*Substitutions

1 teaspoon of minced garlic → 1/4 teaspoon garlic powder

Recipe source: Adapted from primaverakitchen.com