



ASIAN LETTUCE WRAPS

MACROS | SERVING SIZE

Protein 25g | Fat 10g | Carbs 233g

% CALORIES OF MACROS | SERVING SIZE

Calories 281 | Protein 36% | Fat 33% | Carbs 31%

NUTRIENTS | SERVING SIZE

Fiber 4g | Sodium 628mg | Sat. Fat 3g

INGREDIENTS (serves 4)

1 tsp. fresh grated ginger or ½ tsp. ground ginger
1 tsp. mince garlic or ½ tsp. garlic powder
2 tbsp. low sodium soy sauce
2 tbsp. Hoisin sauce
1 cup instant brown rice
8 oz. canned bamboo shoots, drained

8 oz. canned water chestnuts, drained
¾ cup fresh carrots, grated
12 large Romain Lettuce leaves
black pepper to taste (optional)
Chopped green onion, cilantro, and or peanuts (optional)

DIRECTIONS

In a medium sized sauce pan, cook the rice according to package directions.

Meanwhile, over medium heat, cook the ground meat in a large skillet until no longer pink, drain and discard the oil.

To the cooked ground turkey add the spices, soy sauce, carrots, bamboo shoots, and water chestnuts and 1 tbsp of water. Turn heat down to medium, and cook until the carrots are tender (about 5 minutes). Watch closely and sprinkle in a little water if needed to keep from burning. Once the carrots are tender, add the Hoisin sauce and prepared rice and gently stir to incorporate.

Set three lettuce leaves on a plate and serve 1/12th of the turkey mixture for each leave.

Top with scallions, peanuts, and or cilantro if desired. Repeat for the three remaining servings.

NOTES

- Nutritional analysis based on the use of 93% lean ground turkey, yield of drained bamboo shoots and water chestnuts, fresh ginger, and excluded optional ingredients.
- Any type of lean ground meat can be used in the recipe.
- Prepared, packaged "matchstick" carrots, can be found in the produce section and are a time saver.
- Consider using 2 cups. pre-cut bagged coleslaw mix (less the dressing), in this recipe, and serve it over the rice rather than as a "lettuce wrap."

NUTRITION EDUCATION

What is the difference between "low" or "reduced" when it is seen on food packaging? For example, a product may have a "reduced" fat or "reduced" sodium print on front of its package, but another item may have "low-fat" or "low sodium." The term "reduced" when seen on packaging means that the item, has 25% less than its regular unreduced item. Whereas, "low" means that the product has not exceeded a limit for a certain nutrient. For example, a reduced sodium sauce means that it has 25% less sodium than the original option, whereas a low sodium sauce means that regardless of comparing it to any other benchmark product, it has less than or equal to 140 mgs of sodium per the regular amount commonly consumed. Both claims must meet a lawful standard to be used on packaging. Just remember, (reduced) is comparing to another product, (the original version) and does not mean that it does not have excessive amounts of sodium. It just means there is less than the original.

When the word "low" is used on food packaging, then by law, the nutrient that is being called out cannot exceed a certain level as determined by law. All types of foods fit. The key is balance by paying attention to the overall values of nutrients and not exceeding recommended daily limits for sodium, fat, or added sugar. To assist with learning more, the "Dietary Guidelines for Americans" is a scientifically credible resource.

A great way to assist with the confusion of claims on packaging is to remember, reduced helps you eat of a nutrient, but does not mean the amount of fat, sodium, or sugar is reasonable. Whereas the word "low" is better able to guide not exceeding recommended daily limits.

DIETITIAN TIP

Food claims on packing can be confusing. "Reduced" means less than the original version and "low" means that by law the nutrient cannot exceed an established value.