



FEDERAL OCCUPATIONAL HEALTH

Improving the health, safety, and productivity of our Federal employees.



BUFFALO MIC'S ORIENTAL LETTUCE WRAPS

Provided by Teresa Supples

Ingredients:

- 2 tbsp light oil
- 1 pound ground turkey
- 3 cloves garlic, minced
- 2 cups shiitake mushrooms, chopped
- 2 tbsp white wine
- 1 red onion, chopped
- 1 cup bean sprouts
- ½ cup shredded carrots
- ½ cup shredded yellow squash
- ½ cup shredded zucchini
- 6 oz water chestnuts, chopped
- 3 scallions, chopped
- 3 tbsp hoisin sauce
- 1 tbsp red curry paste
- ½ head iceberg lettuce
- Salt and pepper to taste

Directions:

1. Add oil to skillet. Add garlic and cook for one minute. Add brown turkey and cook until browned, and then transfer to large bowl.
2. Separate leaves of iceberg lettuce onto plates.
3. Add remaining ingredients to bowl and scoop mixture onto lettuce leaves. Enjoy!

Nutritionist Notes:

- High in Selenium
- High in Vitamin C
- To lower fat content, may want to decrease oil to 1 Tbsp and use skinless ground turkey.