

Southwestern Lettuce Wraps



Makes:

6

Utensil:

3 Qt./2.8 L Sauce Pan with Cover

Rate ☆☆☆☆☆

Recipe:

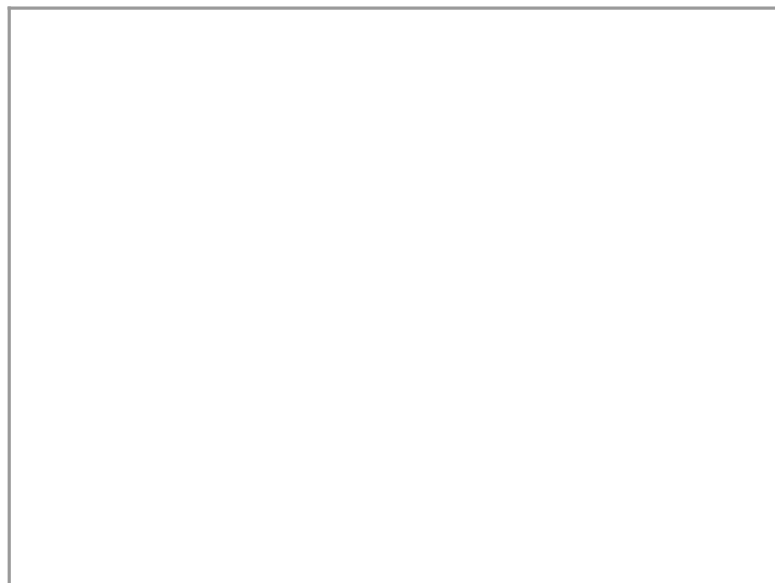
Contributed By:

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Recipe Description:

Healthy Tacos!?! Yes, please! These Southwestern Lettuce Wraps are so filled with so much flavor and you won't feel guilty about going for that extra one. You can custom make these wraps with as many or as little toppings as your heart desires! Serve with a side of Spanish rice or sauteed vegetables.



Meat Filling

- 1 medium yellow onion, use cone #2
- 1 lb
- lean ground turkey
- (.45
- kg)
- 2 garlic cloves, minced
- 1 can of corn, drained
- 1 tsp
- ground cumin
- (2

g)
1 tsp
pepper
(2
g)
1 tsp
salt (optional)
(2
g)
½ cup
tomato sauce
(117
ml)

Wrap Ingredients

butter lettuce red onion, use cone #2 tomato,
leaves diced
avocado, salsa shredded cheese **Directions:**
diced

1. Preheat skillet over medium-high heat until several drops of water sprinkled in pan skitter and dissipate, approximately 5 - 7 minutes.
2. Add onion and saute for 3 mins until tender.
3. Add ground turkey, salt, pepper and cook until browned, about 7 minutes. When Vapo-Valve™ begins to click steadily, reduce heat to low.
4. Add corn, tomato sauce and cumin. Cover and cook for an additional 5 minutes.
5. To prepare your wraps, take your lettuce leaves and spoon in the filling.
6. Suggested Toppings: red onion, tomato, avocado, salsa and shredded cheese.

Tips:

- Serve with Spanish rice or a vegetable medley.

Nutritional Information per

▼ Serving

Calories: 209
Total Fat: 6g
Saturated Fat: 1g
Cholesterol: 52mg
Sodium: 541mg
Total 23g
Carbs:
Dietary Fiber: 1g
Sugar: 1g
Protein: 16g
Toppings not included in Nutritional Information Analysis