### **Southwestern Lettuce Wraps**



Sirve:

6

Pieza:

3 Qt./2.8 L Sauce Pan with Cover

Valora: ជាជាជាជាជា

# Contribuido por:

Diana Valenciano Agregar un Comentario

#### Descripción de la Receta:

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

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

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

- 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.
- 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.

# Consejos:

· Serve with Spanish rice or a vegetable medley.

Información nutricional por ración

Calorías: 209 Grasa Total: 6g Grasa 1g Saturada:

Colesterol: 52mg Sodio: 541mg Carbohidratos: 23g Fibra 1g

Dietética: Azúcar: 1g Proteína: 16g

Toppings not included in Nutritional Information Analysis