

Southwestern Lettuce Wraps



Sirve:

6

Pieza:

3 Qt./2.8 L Sauce Pan with Cover

Valora: ☆☆☆☆☆

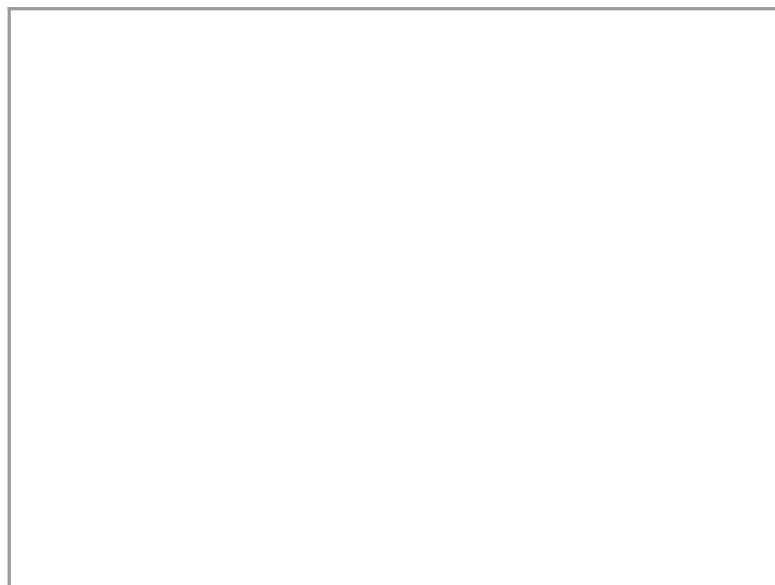
Contribuido por:

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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)

ml)

Preparación :

6. Suggested Toppings: red onion, tomato, avocado, salsa and shredded cheese.

- Serve with Spanish rice or a vegetable medley.

Toppings not included in Nutritional Information Analysis