Ground Turkey Sweet Potato Lettuce Wraps

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Serves: 4  
Prep: 10 minutes | Cook: 15 minutes

INGREDIENTS
- 2 tablespoons cooking oil
- 1 pound extra lean ground turkey
- 1 teaspoon garlic, minced *
- ½ cup onions, diced
- ½ cup bell pepper, diced
- 1 ½ cups sweet potato, diced
- Salt and black pepper, to taste
- 8 large lettuce leaves

DIRECTIONS
1. In an skillet, heat oil over medium high heat.
2. Add ground turkey, garlic and break up the turkey. Cook for about 7 minutes and don’t forget to stir occasionally.
3. Add onions and bell peppers. Cook until onions are translucent.
4. Add the sweet potato and a pinch of salt and pepper if desired.
5. Cover the skillet and cook until they are tender. Don’t forget to stir occasionally. If necessary, add more oil or a little bit of water to help to cook the sweet potato. When it is tender, remove from the heat.
6. Spoon the ground turkey mixture into individual lettuce leaves. Enjoy immediately

*Substitutions

1 teaspoon minced garlic —> 1/4 teaspoon garlic powder

Recipe source: Adapted from primaverakitchen.com

Nutrition Information
Serving size: 2 lettuce wraps
- Total calories: 242
- Total fat: 14 g
- Saturated fat: 3 g
- Cholesterol: 64 mg
- Sodium: 85 mg
- Carbohydrates: 13 g
- Fiber: 2 g
- Sugar: 4 g
- Added sugar: 0 g
- Protein: 17 g

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