Fall-Spice Turkey Lettuce Cups
Serves: 4
Modified from: https://drhyman.com

**Items Needed:** cutting board, knife, sauté pan, measuring cups, measuring spoons, wooden spoon, small bowl

**Ingredients:**
- 3 Tbs olive oil
- 1 lb ground turkey
- 1 1/2 onion, chopped
- 6 garlic cloves, minced
- 2-inch piece fresh ginger, peeled and grated
- 3-4 medium carrots, grated
- 3/4 tsp cinnamon
- 3/4 tsp ground coriander
- 3/4 tsp turmeric
- 1/2 tsp cayenne pepper
- 1/4 tsp salt
- 1/2 tsp freshly ground black pepper
- 1/4 c chicken broth
- 12 sturdy lettuce leaves for serving (baby romaine, or butter lettuce)
- 1/4 c chopped fresh cilantro

**Directions:**

1. Heat the oil in a wok or large cast-iron pan over medium-high heat. Sauté the onion, garlic, and ginger, stirring constantly, until aromatic and softened, 3-4 minutes.

2. Add the carrot, cinnamon, coriander, turmeric, and cayenne. Add salt and black pepper and mix well. After a minute add the turkey, breaking it up with a spoon. Cook the turkey, stirring frequently, until browned, 6-8 minutes.

3. Pour in the chicken broth and stir, scraping the bottom of the pan to release any tasty browned bits. Turn off the heat and fold in the cilantro. Transfer the turkey mixture to a small bowl.

4. Lay the lettuce leaves out on a plate and top with small piles of the spiced turkey and roll up.

**Nutrition Information (per 3 lettuce cups):**

Calories: 291   Fat: 17 g   Carbs: 11 g   Protein: 23g   Fiber: 2 g   Sodium: 315 mg

Provide the above nutrition specs. If not provided from your recipe source, use USDA food composition database located at https://ndb.nal.usda.gov/ndb/

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