

# Lettuce Wraps

A warm savory blend of seasoned ground turkey, sautéed red peppers and onion with black beans and corn topped with sour cream and cilantro served with cool crisp lettuce cups

**Yield:** 24 wraps  
**Serving Size:** 5 - oz  
**Portions:** 24



## Ingredients

## Measure

Iceberg Lettuce	2 heads
Lean Ground Turkey	2 lb
Mrs. Dash Garlic & Herb Seasoning Blend	1/4 c
Olive Oil	2 tbsp
Red Pepper, Thinly Sliced	1 c
Onion, Thinly Sliced	1 c
Black Beans, Canned, Drained	2 c
Frozen Corn, Defrosted, Drained	2 c
Tomato Sauce	2 c
Sour Cream, Fat Free	2 c
Fresh Chopped Cilantro, Optional	1/4 c

## Preparation

1. To prep the iceberg lettuce cups, remove the core, rinse the head with cold water, and shake off the excess water. Cut in half and separate the leaves. Pat the leaves dry with paper towels and hold for assembly.
2. In a large skillet, brown the ground turkey and season with Mrs. Dash Garlic & Herb Seasoning Blend; remove turkey from the pan and hold for assembly.
3. Heat oil in same skillet; add red pepper and onions and saute for 2 minutes.
4. Add the cooked ground turkey back to the pan along with the black beans, corn, and tomato sauce; cook for another 2 minutes. Keep warm for service.
5. In the middle of a lettuce cup, place a scoop of the turkey mixture, top with sour cream and a sprinkle of cilantro. Do not overfill the lettuce cups.

## Nutrition Facts

**Serving Size:** 5 oz  
**Servings:** 24

Amount Per Serving

<b>Calories</b> 115			Calories from Fat 0
	<b>Per Serving</b>		<b>% Daily Value*</b>
<b>Total Fat</b>	4 g		6%
Saturated Fat	1 g		5%
Trans Fat	0 g		
<b>Cholesterol</b>	32 mg		10%
<b>Sodium</b>	260 mg		10%
<b>Potassium</b>	312 mg		
<b>Total Carbohydrate</b>	11 g		3%
Dietary Fiber	2 g		8%
Sugars	4 g		
<b>Protein</b>	9 g		
<b>Vitamin A</b>	8 %	<b>Vitamin C</b>	25 %
<b>Calcium</b>	6 %	<b>Iron</b>	6 %

\*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Sat. Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300mg	375mg
Dietary Fiber		25g	30g

Calories per gram:

Fat 9    Carbohydrate 4    Protein 4