



Turkey Taco Lettuce Wraps

Ingredients:

1 Tbsp olive oil

3/4 cup chopped yellow onion

1 lb 95% lean ground turkey

2 cloves garlic

Salt and freshly ground black pepper

1 Tbsp chili powder (preferably 2 tsp

regular chili powder and 1 tsp ancho chili powder)

1 tsp ground cumin

1/2 tsp paprika

1/2 cup tomato sauce

1/2 cup low-sodium chicken broth

Iceberg or Romaine lettuce leaves, doubled up, for serving

Shredded Mexican cheese, diced Roma tomatoes, diced red onion, diced avocado, and chopped cilantro for serving

INSTRUCTIONS:

Heat olive oil in a non-stick skillet over medium-high heat. Add onion and saute 2 minutes. Add turkey and garlic, season with salt and pepper, and cook, tossing and breaking up turkey occasionally, until cooked through, about 5 minutes. Add chili powder, cumin, paprika, tomato sauce and chicken broth. Reduce to a simmer and cook about 5 minutes until sauce has reduced. Serve mixture over lettuce leaves with desired toppings.