

# FEATURED RECIPE

PHASE 1 COMPLIANT

## Asian Lettuce Wraps

- 1/2 lb ground chicken or turkey
- 1 cup diced mushrooms
- 3/4 cup cauliflower rice
- 1 clove garlic
- Crush Red Pepper to taste
- 1/4 cup green onion, sliced
- 4 TBSPS IP Oriental Sesame Sauce
- Splash of low sodium soy sauce
- butter or romaine lettuce leaves
- olive oil
- Salt and pepper

### Directions:

1. Heat olive oil over medium-high heat in a large skillet. Add mushrooms. Cook for approx. 4 minutes, then add cauliflower. Cook until mushrooms are browned and moisture evaporates.
2. Add minced garlic to the skillet and stir. Then add ground chicken to skillet. Season with salt and pepper, and crushed red pepper. Break up meat as it cooks.
3. Add green onion. Cook approx 1 minute
4. Pour sauces over meat mixture and continue to cook while stirring for another minute. Remove from heat.
5. Remove lettuce leaves and place on a plate. Fill each leaf with your desired amount of meat mixture up to 4 oz (if splitting protein) or 8oz (if using as dinner protein only).
6. Sprinkle with additional green onion and crushed red pepper.

Count: 1/2 of recipe: 4oz animal protein + 1 cup veggies  
Full recipe: 8oz animal protein + 2 cups veggies