



Moo Shu Lettuce Cups



1/2 of recipe (3 lettuce cups): 182 calories, 4g total fat (1.5g sat. fat), 754mg sodium, 20g carbs, 4.5g fiber, 12.5g sugars, 15.5g protein

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Prep: 10 minutes **Cook:** 10 minutes



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Ingredients

- 1 tbsp. reduced-sodium soy sauce
- 1 1/2 tsp. seasoned rice vinegar
- 1 tsp. crushed garlic
- 1/2 tsp. cornstarch
- 1 dash black pepper
- 6 oz. raw lean ground turkey (at least 92% lean)
- 1/2 cup chopped baby bella mushrooms
- 2 cups broccoli slaw
- 1/4 cup canned bamboo shoots, drained and roughly chopped
- 2 tbsp. hoisin sauce
- 6 leaves butter lettuce

Directions

To make the moo shu sauce, in a medium bowl, combine soy sauce, vinegar, garlic, cornstarch, and pepper. Mix until cornstarch dissolves.

Bring a wok (or large skillet) sprayed with nonstick spray to medium-high heat. Add turkey and mushrooms. Cook and stir until turkey is no longer pink, about 3 minutes. Add slaw. Cook and stir until slaw has softened, 2-3 minutes.

Add bamboo shoots and moo shu sauce. Cook and stir until mixture is evenly coated and turkey is fully cooked, 1-2 minutes.

Evenly divide mixture among the lettuce cups, about 1/3 cup each.

Serve drizzled with hoisin sauce, 1 tsp. each.

MAKES 2 SERVINGS

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