



Teriyaki Beef Lettuce Cups



1/4th of recipe (3 lettuce cups): 215 calories, 5g total fat (2g sat. fat), 694mg sodium, 16g carbs, 1.5g fiber, 10g sugars, 25g protein

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

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Ingredients

- 1 lb. raw extra-lean ground beef (4% fat or less)
- 1/2 cup chopped onion
- 1/2 tsp. garlic powder
- 1/2 tsp. onion powder
- 1/8 tsp. each salt and black pepper
- 1/2 cup canned crushed pineapple packed in juice, lightly drained
- 1/3 cup thick teriyaki marinade or sauce, or more for topping
- 1/4 cup canned water chestnuts, drained and roughly chopped
- 12 medium iceberg or butter lettuce leaves
- 1/2 cup chopped scallions

Directions

Bring a large skillet sprayed with nonstick spray to medium-high heat. Add beef, onion, and seasonings. Cook, stir, and crumble until beef is fully cooked and onion has softened, 5 - 7 minutes.

Reduce heat to low. Add pineapple, teriyaki, and water chestnuts. Cook and stir until hot and well mixed, about 2 minutes.

Just before serving, evenly distribute among lettuce leaves, about 1/4 cup each. Top with scallions.

MAKES 4 SERVINGS

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