

Turkey Taco Lettuce Wraps

14 ingredients · 25 minutes · 4 servings



Directions

1. Heat oil over medium-high heat. Add onion and cook for about 5 minutes until translucent.
2. Add ground turkey to the pan and break into very small pieces with a spatula and cook until no longer pink. Drain any excess drippings if necessary.
3. Add the chili powder, cumin, smoked paprika, garlic powder, salt, red pepper flakes and lime juice and stir until the meat is coated evenly. Add half the chopped tomatoes and the jalapeno. Stir to combine and cook for another 5 minutes until tomatoes are very soft. Remove from heat.
4. To assemble the tacos, divide the turkey into the lettuce leaves, and top with remaining tomatoes and diced avocado. Enjoy!

Notes

Optional Toppings

Salsa, cheese, cilantro, black beans, sour cream or guacamole.

No Iceberg Lettuce

Use romaine leaves, green lettuce or Boston lettuce instead.

Vegans & Vegetarians

Omit the ground meat and use cooked lentils instead.

Ingredients

- 1 **tbsp** Avocado Oil
- 1 Yellow Onion (diced)
- 1 **lb** Extra Lean Ground Turkey
- 2 **tbsps** Chili Powder
- 1 **tbsp** Cumin
- 2 **tsps** Smoked Paprika
- 1 **tsp** Garlic Powder
- 1 **tsp** Sea Salt
- 1/2 **tsp** Red Pepper Flakes
- 1 Lime (juiced)
- 3 Tomato (finely chopped and divided)
- 1 Jalapeno Pepper (seeds removed and chopped)
- 1 **head** Iceberg Lettuce (leaves pulled apart and washed)
- 2 Avocado (diced)

Nutrition

Amount per serving

Calories	433	Cholesterol	84mg
Fat	29g	Sodium	844mg
Carbs	23g	Vitamin A	4061IU
Fiber	12g	Vitamin C	38mg
Sugar	6g	Calcium	108mg

Protein	27g	Iron	5mg
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