

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 **tsp**s 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	Vitamin D	16IU
Fat	29g	Vitamin E	5mg
Carbs	23g	Thiamine	0.3mg
Fiber	12g	Riboflavin	0.5mg
Sugar	6g	Niacin	9mg

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Protein	27g	Vitamin B6	0.9mg
Cholesterol	84mg	Folate	157µg
Sodium	844mg	Vitamin B12	1.4µg
Potassium	1263mg	Phosphorous	351mg
Vitamin A	4061IU	Magnesium	85mg
Vitamin C	38mg	Zinc	4mg
Calcium	108mg	Selenium	23µg
Iron	5mg		