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Five-Spice Turkey and Lettuce Wraps

Prep Time: 10 mins

Cook Time: 20 mins

Total Time: 30 mins

Ingredients

- 1/2 cup(s) water
- 1/2 cup(s) rice, brown, instant
- 2 teaspoon oil, sesame
- 1 pounds turkey, lean ground, 93 % lean
- 1 tablespoon ginger, fresh, minced
- 1 large pepper(s), red, bell, finely diced
- 1 can(s) water chestnuts, canned, 8-ounce can, rinsed and chopped
- 1/2 cup(s) broth, reduced-sodium chicken
- 2 tablespoon hoisin sauce
- 1 teaspoon five-spice powder
- 1/2 teaspoon salt
- 2 head(s) lettuce, Boston, leaves separated
- 1/2 cup(s) fresh herbs, chopped, such as cilantro, basil, mint and/or chives
- 1 large carrot(s), shredded
- 1 teaspoon oil, canola

Preparation

1. Bring water to a boil in a small saucepan. Add rice; reduce heat to low, cover and cook for 5 minutes. Remove from the heat.
2. Meanwhile, heat oil in a large nonstick pan over medium-high heat. Add turkey and ginger; cook, crumbling with a wooden spoon, until the turkey is cooked through, about 6 minutes.
3. Stir in the cooked rice, bell pepper, water chestnuts, broth, hoisin sauce, five-spice powder and salt; cook until heated through, about 1 minute.
4. To serve, spoon portions of the turkey mixture into lettuce leaves, top with herbs and carrot and roll into wraps.