

Thai Turkey Lettuce Wraps

2 teaspoons Extra Virgin Olive Oil	2 Cups Cucumber, diced
2 Leeks, white & light green parts sliced	2 Cups Alfalfa Sprouts
1 Cup Carrots, finely diced	½ teaspoon Sea Salt
1 Pound Ground Turkey	1/8 teaspoon Pepper
1 Tablespoon Thai Red Curry Paste	2 Avocados, sliced
¼ Cup Water	12 Romaine Lettuce Leaves
2 Roma Tomatoes, diced	

Heat the olive oil in a pan over medium heat. Add in the leeks and carrots, and cook until softened, about 7 minutes. Turn the heat up to medium high, and add in the ground turkey, cooking until browned. Combine the curry paste and water in a separate bowl, and mix until well combined. Incorporate well into the turkey mixture, and heat through. Season with salt and pepper to taste. Scoop meat mixture evenly into the lettuce leaves, and top with tomatoes, cucumber, avocado, and sprouts. Enjoy!

Serves 4

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Nutrition Information Per Serving:	
Calories	320
Fat	14.5g
Saturated Fat	1.9g
Cholesterol	69.8g
Sodium	415.9g
Carbohydrates	20.1g
Fiber	8.9g
Sugars	6.3g
Protein	32.5g

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