

## Turkey Lettuce Wrap

1lb lean ground turkey  
4 garlic cloves chopped  
.5 cup diced yellow onion  
¼ cup small diced carrots  
¼ cup small diced celery  
2 bay leaves  
1 tbsp. garlic powder  
1 tbsp. onion powder  
1 fl oz. vegetable oil  
Hoisin sauce to taste (see below)  
1 seedless cucumber julienned  
1 large carrot julienned  
16-20 Boston bib lettuce leaves  
Salt & Pepper to taste

### Procedure

- In a pan place the oil and heat to med-high heat
- Add onions, carrot, celery & garlic and cook until onions are translucent
- Add the ground turkey, onion and garlic powder
- Cook the turkey until fully cooked
- Adjust seasoning with salt & pepper
- Strain any excess liquid from the pan

- Refrigerate until it has reached a temperature below 40 degrees
- Place 1 oz. of turkey on each leaf, pour a tbsp. of hoisin sauce over the turkey
- Top with the julienned carrots and cucumbers
- ENJOY!!!

#### Hoisin sauce

1 Jalapeño  
1/3 cup sugar  
1lb 5oz hoisin sauce  
4 fl oz. water  
1 fl oz. lime juice  
2 cloves minced garlic

#### Procedure

- Mix the water with the sugar and the garlic
- Cut the jalapeño in half and add to the sugar water with the seeds
- Simmer the jalapeño until tender about 6-8 minutes
- Add lime juice & hoisin sauce
- Simmer for 3 more minutes
- Cool down the sauce and run it thru a blender until smooth
- ENJOY!!!