

## **Five-Spice Turkey & Lettuce Wraps**

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

1. 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. Stir in the cooked rice, bell pepper, water chestnuts, broth, hoisin sauce, five-spice powder and salt; cook until heated through, about 1 minute.
2. To serve, divide lettuce leaves among plates, spoon some of the turkey mixture into each leaf, top with herbs and carrot and roll into wraps.