

Kentucky Dept. of Education

001345 - Turkey Veggie Lettuce Wraps

Recipe HACCP Process: #2 Same Day Service

Source: Trigg Cnty 4-H
 Number of Portions: 48
 Size of Portion: 1 serving

Meat/Alt: 2 oz
 Grains: 0 oz
 Fruit: 0 Cup
 Vegetable: 0.75 Cup
 Milk: 0 Cup

903905 Sesame Oil..... 2/3 CUP 903846 Extra Virgin Olive Oil..... 2/3 CUP 903906 Ground Turkey..... 8 LB 011135 CAULIFLOWER,RAW..... 8 CUP, chopped (1/2" pieces) 799936 BROCCOLI,RAW..... 8 CUP, chopped 902608 Carrots Shredded..... 4 CUP 011282 ONIONS,RAW..... 4 CUP, chopped 011109 CABBAGE,RAW..... 16 CUP, shredded 799939 GARLIC,RAW..... 8 cloves, minced 903892 PEPPERS RED SWEET..... 4 CUP, diced 011216 GINGER ROOT,RAW..... 2 TBSP + 2 TSP 002030 PEPPER,BLACK..... 4 TSP, ground 002044 Bay Leaves..... 8 leaves 050271 Stir Fry Sauce..... 2 CUP 903896 Soy Sauce..... 1/2 CUP 799940 LETTUCE,COS OR ROMAINE,RAW..... 96 leaf inner	Heat 1/2 cup of sesame oil and 1/2 cup olive oil in large wok over medium heat. Add the ground turkey and cook until reaches internal temperature of 165 degrees. Drain and set aside. Heat the remainder of the oils on medium heat. Add the vegetables to the wok in the order they are listed and stir fry for one to two minutes. Return the turkey to the wok, add the ginger, pepper and basil and stir. Heat thoroughly. Remove from the heat and stir in the stir fry sauce and 1/2 cup soy sauce. Wash and dry the romaine leaves. Place on a clean surface. Spoon about 1/4 cup of the turkey and vegetable mixture onto each lettuce leaf. CCP: Hold meat mixture at 135 degrees or higher. Serve with sweet and sour sauce on the side.
903909 Chicken Broth, Low Sodium..... 6 CUP 002053 Rice Vinegar..... 2 CUP 019335 SUGARS,GRANULATED..... 2 CUP 903896 Soy Sauce..... 1/2 CUP 051363 CRANBERRY SAUCE, CANNED..... 4 CUP 009409 PINEAPPLE JUC,CND,UNSWTND,W/ ADDED VIT C... 5 1/3 CUP 002021 GINGER,GROUND..... 2 TBSP + 2 TSP 020027 CORNSTARCH..... 1 1/2 CUP 014429 WATER,MUNICIPAL..... 2 CUP	Sweet and Sour Sauce: Combine the chicken broth, vinegar, sugar, soy sauce, cranberry sauce, pineapple juice, and ginger in a large pan. Bring to boil. Reduce heat and simmer for 10 minutes. Combine cornstarch and water and mix until smooth. Add to the simmer mixture, stirring occasionally. Heat until thickened. Cool and serve with lettuce wrap.

*Nutrients are based upon 1 Portion Size (1 serving)

Calories	367 kcal	Cholesterol	*0.00* mg	Sugars	*12.83* g	Calcium	*35.83* mg	45.89%	Calories from Total Fat
Total Fat	18.71 g	Sodium	330.94 mg	Protein	16.45 g	Iron	*0.73* mg	8.57%	Calories from Sat Fat
Saturated Fat	3.49 g	Carbohydrate	32.80 g	Vitamin A	*1170.57* IU	Water ¹	*119.05* g	*0.00%*	Calories from Trans Fat
Trans Fat ²	*0.00* g	Dietary Fiber	*2.27* g	Vitamin C	*44.97* mg	Ash ¹	*0.66* g	35.76%	Calories from Carbohydrates
								17.93%	Calories from Protein

N/A - denotes a nutrient that is either missing or incomplete for an individual ingredient

* - denotes combined nutrient totals with either missing or incomplete nutrient data

¹ - denotes optional nutrient values

² - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.