FLEURISH / DOCTOR'S KITCHEN

Turkey lettuce wraps

with black beans, salsa & lime

Warm, savory filling tucked into cool, crisp lettuce cups.



Serves 1 | **Prep 5 min** | **Cook 8 min** | **About 15 min total**

INGREDIENTS

- ☐ 4 oz ground turkey
- ☐ 1/2 tsp ground cumin
- ☐ 1/2 cup canned black beans, drained and rinsed
- ☐ 3 tbsp salsa
- ☐ 1/4 lime
- ☐ 3 to 4 large butter lettuce or romaine leaves
- ☐ 1 tsp olive oil
- ☐ 1 pinch salt (about 1/8 tsp)
- ☐ 1 tbsp water

LET'S COOK

☐ **1. Prep**

Wash and dry lettuce. Rinse and drain beans. Cut the lime into a wedge.

☐ **2. Cook the turkey**

Heat oil in an 8- to 10-inch skillet over medium-high. Add 93% lean turkey, cumin and salt; break into crumbles. Cook 5 to 6 minutes, until browned. The thickest clump must reach 165 F; cook 1 to 2 minutes more and recheck if needed.

☐ **3. Warm the beans**

Lower to medium. Stir in beans and water; cook 1 to 2 minutes until hot. Alternatively, use 1 cup shredded cooked rotisserie chicken instead of turkey: warm in oil with cumin and salt, then add beans and water; heat filling to 165 F.

☐ **4. Fill & serve**

Spoon about 1/3 cup filling into each leaf. Top with salsa and squeeze lime over it; serve extra filling alongside.

Wash hands after raw turkey. Refrigerate filling within 2 hours; keep 3 to 4 days, separate from lettuce. Reheat until steaming hot.