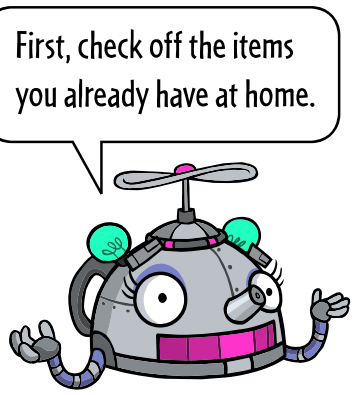
## SHOPPING LIST

### Asian Lettuce Wraps

- [ ] Ground Turkey
- [ ] Soy Sauce
- [ ] Chili-Garlic Sauce
- [ ] Chicken Broth
- [ ] Peanut Butter
- [ ] Oyster Sauce
- [ ] Lime Juice
- [ ] Olive Oil
- [ ] Minced Ginger
- [ ] Coleslaw
- [ ] Boston Lettuce

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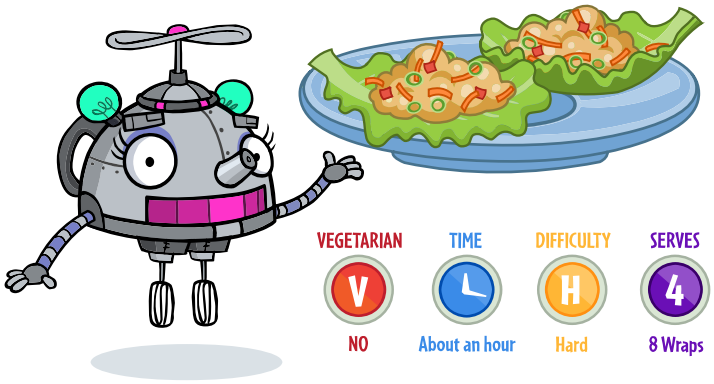
Mixiebot presents

# DINNER

PBS KIDS GO! FIZZY'S LUNCH LAB

# Asian Lettuce Wraps



| VEGETARIAN | TIME | DIFFICULTY | SERVES |
|---|---|---|---|
| V | | H | 4 |
| NO | About an hour | Hard | 8 Wraps |

## YOU WILL NEED

- **12 ounces** ground turkey
- **3 tablespoons** low-sodium soy sauce
- **1 teaspoon** chili-garlic sauce
- **½ cup** low-sodium chicken broth
- **¼ cup** natural creamy peanut butter
- **2 tablespoons** oyster sauce
- **2 tablespoons** fresh lime juice
- **1 tablespoon** olive oil
- **1 tablespoon** minced fresh ginger
- **1 cup** coleslaw mix
- **8 large leaves from 1 head** of Boston lettuce

## DIRECTIONS

### ATTENTION KIDS: Always cook with a grownup!

**STEP 1:** Mix the turkey, 2 tablespoons of the soy sauce, and chili-garlic sauce in a small bowl. Marinate for 10 minutes.

**STEP 2:** In a separate medium bowl, whisk together the chicken broth, peanut butter, oyster sauce, remaining tablespoon of soy sauce, and 1 tablespoon of the lime juice; set aside.

**STEP 3:** Heat a 12-inch nonstick skillet over medium-high heat; once hot, add the oil. Add the turkey and cook, breaking up the meat with a spoon, until lightly browned and no longer pink, 5 to 7 minutes. Stir in the ginger and cook for 1 minute. Add the peanut butter mixture and simmer until thickened, about 3 minutes. Transfer the turkey mixture to a medium bowl. Stir in the coleslaw mix and remaining tablespoon of lime juice; set aside to cool for 10 minutes.

**STEP 4:** Divide the turkey mixture among the 8 lettuce leaves, and serve.



## Nutrition Facts

Serving Size 1 wrap (107g)
Servings Per Container 8

| Amount Per Serving | |
|---|---|
| **Calories** 140 | Calories from Fat 80 |
| | % Daily Value* |
| **Total Fat** 8g | 12% |
| Saturated Fat 1.5g | 8% |
| Trans Fat 0g | |
| **Cholesterol** 25mg | 8% |
| **Sodium** 460mg | 19% |
| **Total Carbohydrate** 5g | 2% |
| Dietary Fiber 1g | 4% |
| Sugars 2g | |
| **Protein** 11g | |
| Vitamin A 10% • Vitamin C 10% | |
| Calcium 2% • Iron 6% | |

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

| | Calories | 2,000 | 2,500 |
|---|---|---|---|
| Total Fat | Less than | 65g | 80g |
| Saturated Fat | Less than | 20g | 25g |
| Cholesterol | Less than | 300mg | 300mg |
| Sodium | Less than | 2,400mg | 2,400mg |
| Total Carbohydrate | | 300g | 375g |
| Dietary Fiber | | 25g | 30g |

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4