Teriyaki Lettuce Wraps

4-6 servings

- 1/4 cup water
- 1 Tbs cornstarch
- 1/2 cup teriyaki sauce
- 1 lb ground or thinly sliced turkey, beef or pork
- 1 small can water chestnuts, chopped
- 1 Tbs cooking oil
- iceberg lettuce leaves

1. Mix the water, cornstarch and teriyaki sauce.
2. Add meat and water chestnuts.
3. Heat oil in a skillet or heavy saucepan and add meat mixture; stir until cooked through (165°).

Options and Garnishes
- rice or chow mein noodles
- sliced green onion (scallions)
- some like to put cooked rice in the lettuce wrap first and then top with the meat mixture and crunchy noodles

Healthy Menu

Teriyaki Lettuce Wraps
Brown Rice
Orange Segments
Milk