

Asian Turkey Lettuce Wraps with Cucumber Nut Relish and Roasted Cauli Rice



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A super-flavorful turkey filling is tucked into crisp lettuce leaves and topped with a fun relish for crunch! If you'd like to bulk this recipe up you can stir some cooked rice into the turkey mixture to make more wraps or just serve them with some rice on the side with extra Drizzle Sauce.

INGREDIENTS

- Bibb or Boston lettuce
- A few sprigs cilantro
- 2-3 cups cauli rice
- 1 small cucumber
- 1 scallion
- 2 tbsp peanuts or almonds
- 1/3 cup chopped peppers
- 1/3 of the Cooked Turkey Mixture (1/4 lb ground turkey browned with 1/3 cup minced onion, 1/2 tsp garlic, and salt to taste)

Pre-Made Drizzle Sauce

- 1 tsp ginger
- 2 tsp soy sauce
- 2 tsp rice vinegar
- 2 tsp sesame oil
- Optional dash of hot sauce or fish sauce

DIRECTIONS

1. Preheat your oven or toaster oven to 450 degrees and line a small pan with parchment. Toss raw cauliflower rice with a little olive oil or coat with cooking spray and sprinkle with a little salt. Roast for 10-15 minutes, stirring once or twice, or until lightly browned.
2. While Cauliflower Rice is roasting put your wraps together!
3. Pull lettuce leaves from head, lightly rinse and pat dry with paper towels.
4. Dice 1/3 cup cucumber and slice scallion. Chop some rinsed cilantro (about 2 Tbsp) and the nuts for garnish.
5. In a small bowl combine chopped peppers with chopped cucumber and sliced scallion. Add a dash of Drizzle Sauce.
6. Scoop 1/3 of your cooked turkey mixture into a small pan or microwave-safe bowl and stir in some drizzle sauce. Heat mixture and season to taste with extra sauce.
7. Serve turkey mixture in lettuce leaves topped with relish and garnish.

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NUTRITION

Calories: 501kcal | Carbohydrates: 40g | Protein: 44g | Fat: 22g | Saturated Fat: 4g | Polyunsaturated Fat: 8g | Monounsaturated Fat: 8g | Trans Fat: 1g | Cholesterol: 62mg | Sodium: 865mg | Potassium: 2343mg | Fiber: 14g | Sugar: 17g | Vitamin A: 1920IU | Vitamin C: 273mg | Calcium: 185mg | Iron: 5mg

Super Stuffed Zucchini Pepperoni Pizza Boats



Super Stuffed Zucchini Pepperoni Pizza Boats

Satisfy your pizza cravings in a super-fun way with this unique dish! Tender roasted zucchini is stuffed with a savory garlicky turkey marinara filling and topped with melty cheese for a filling dinner.

INGREDIENTS

- halved zucchini
- cooking spray or olive oil
- garlic powder to taste
- 12 slices turkey pepperoni
- 1/2 cup marinara or pizza sauce
- 1/4 cup shredded part-skim mozzarella cheese or 1 shredded mozzarella cheese stick
- 1 tbsp grated parmesan cheese
- 1/3 Cooked Turkey Mixture (1/4 lb ground turkey browned with 1/3 cup minced onion, 1/2 tsp garlic, and salt to taste)
- Optional fresh basil

DIRECTIONS

1. Preheat your oven or toaster oven to 450 degrees and line a small pan with foil.
2. Place zucchini skin side down on pan. Spray with cooking spray (or brush with olive oil), and sprinkle with garlic powder and some salt.
3. Roast zucchini for 8-10 minutes or until fork tender.
4. While zucchini is cooking, chop turkey pepperoni (save a few pieces to put on top if you like!) and combine with cooked turkey mixture and marinara sauce in a small bowl.
5. Fill zucchini with turkey mixture. Sprinkle evenly with shredded mozzarella, Parmesan cheese, and optional chopped turkey pepperoni.
6. Return to oven for 5 minutes for cheese to melt and mixture to heat through.
7. Garnish with optional basil and enjoy!
8. Serve with additional marinara sauce for dipping or for hearty appetites, add some cooked pasta or tortellini on the side.

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NUTRITION

Calories: 387kcal | Carbohydrates: 27g | Protein: 48g | Fat: 11g | Saturated Fat: 5g | Polyunsaturated Fat: 2g | Monounsaturated Fat: 3g | Trans Fat: 1g | Cholesterol: 111mg | Sodium: 1358mg | Potassium: 1308mg | Fiber: 4g | Sugar: 9g | Vitamin A: 947IU | Vitamin C: 41mg | Calcium: 400mg | Iron: 4mg

Juicy Turkey Burger Wraps with Special Sauce
& Sweet Potato Fries



Juicy Turkey Burger Wraps with Special Sauce & Sweet Potato Fries

You won't believe how our added mushrooms plus Worcestershire sauce make your basic turkey burger taste WAY more meaty and juicy! My little knockoff special sauce is optional here but highly recommend as a super fun treat to dip your fries in.

INGREDIENTS

- cooking spray or olive oil
- Boston or Bibb lettuce
- 1 sweet potato
- 1/2 tsp cumin, pinch cinnamon
- 1 plum tomato
- Optional shredded mozzarella or other cheese

For hearty appetites: Toasted Kaiser roll

Prepared Turkey Burger

- 1/4 lb lean ground turkey
- 1/4 cup minced mushrooms
- 1 tsp Worcestershire sauce
- 1 tsp light mayonnaise

Prepared Special Sauce

- 1 1/2 Tbsp light mayonnaise
- 1 Tbsp chopped dill pickle
- 1 1/2 tsp ketchup
- 2 tsp minced onion
- 1/4 tsp mustard
- Dash hot sauce
- Dash Worcestershire

DIRECTIONS

1. Preheat oven or toaster oven to 450 degrees and line a baking pan with parchment. Coat cut up sweet potato with a little olive oil or spray with cooking spray and sprinkle with cumin, cinnamon, and salt to taste.
2. Roast sweet potato fries for 20-25 minutes or until well browned, checking and stirring once halfway through.
3. Rinse and prep lettuce leaves and slice plum tomato.
4. While sweet potato fries are roasting cook your burger! Coat a grill pan or small skillet with cooking spray and heat over medium heat. Sprinkle Turkey Burger with salt and pepper and cook for 4-5 minutes per side or until no longer pink in the middle (or internal temperature reaches 165 degrees). Top with optional cheese to melt. Serve burger topped with Special Sauce and additional for dipping fries.

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NUTRITION

Calories: 434kcal | Carbohydrates: 58g | Protein: 34g | Fat: 9g | Saturated Fat: 2g | Polyunsaturated Fat: 4g | Monounsaturated Fat: 2g | Trans Fat: 1g | Cholesterol: 66mg | Sodium: 649mg | Potassium: 1667mg | Fiber: 9g | Sugar: 16g | Vitamin A: 32709IU | Vitamin C: 18mg | Calcium: 107mg | Iron: 4mg

Ancho Turkey and Black Bean Chili with Lime
Crema



Ancho Turkey and Black Bean Chili with Lime Crema

Make yourself a comforting bowl of chili in just a few minutes with our easy prep ahead method! You can spice this up as much as you like and serve it with optional toppings too. We're serving it over roasted cauliflower rice but you can swap in regular rice too to bulk it up.

INGREDIENTS

- cooking spray or olive oil
 - raw cauli rice to serve chili on top of
 - cumin to taste
 - salt to taste
 - 2 scallions
 - 2 tbsp plain Greek yogurt
 - 1 lime
 - 1 cup chopped peppers
 - 1 tbsp chili powder or 2 tsp ancho chili powder
 - 1/2 can fire-roasted tomato or tomatoes with chilis
 - 1/2 can black beans (rinsed and drained)
 - Optional cayenne pepper or hot sauce
 - Optional cilantro
 - Optional cooked rice, crushed tortilla chips, shredded mozzarella cheese, hot sauce for topping
- Remaining Cooked Turkey Mixture (1/4 lb ground turkey browned with 1/3 cup minced onion, 1/2 tsp garlic, and salt to taste)

DIRECTIONS

1. Chop scallions and save some of the green parts for garnish.
2. Grate about 1/2 tsp zest from lime then cut out a wedge or 2 for serving.
3. For Crema, combine yogurt and lime zest.
4. Coat a small saucepan with cooking spray or a little olive oil. Cook peppers and rest of scallions for 3-4 minutes or until peppers are fork-tender. Stir in chili powder, cumin, and salt to
5. taste and optional cayenne or hot sauce.
6. Stir in turkey, tomatoes, and black beans and bring to a simmer. Squeeze in lime and season to taste with salt and pepper.
7. Serve Ancho Chili on top of roasted cauliflower rice and top with green parts of scallions, Lime Crema and optional shredded mozzarella.

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NUTRITION

Calories: 461kcal | Carbohydrates: 65g | Protein: 46g | Fat: 5g | Saturated Fat: 1g | Polyunsaturated Fat: 2g | Monounsaturated Fat: 1g | Trans Fat: 1g | Cholesterol: 64mg | Sodium: 530mg | Potassium: 1456mg | Fiber: 21g | Sugar: 14g | Vitamin A: 4056IU | Vitamin C: 152mg | Calcium: 227mg | Iron: 7mg