

POULTRY



Asian-Inspired Lettuce Wraps with Rice Noodles

and

Turkey Taco Casserole

Produce

Butter lettuce, 6 leaves
Carrots, shredded, 3 ounces (½ cup)
Green onions, 2
Iceberg lettuce, shredded, 6 ounces (2 cups)
Limes, 2
Tomato, 1 large

Meat

Turkey, ground, 3 pounds

Dairy

Monterey Jack cheese, shredded, 4 ounces (1 cup)
Sour cream, 4.2 ounces (½ cup)

Pantry

Beans, refried or whole black beans, 1 (16-ounce) can
Broth, chicken, 2 fluid ounces (¼ cup)
Coconut aminos, 2 tablespoons
Olives, black, sliced, 1 (2.25-ounce) can
Olive oil, extra-virgin, 1 tablespoon
Rice noodles, thin, 1 (8.8-ounce) package
Sesame oil, toasted, 1 teaspoon
Soy sauce or tamari, 2 fluid ounces (¼ cup)

Seasonings

Chili powder, mild, 2 teaspoons
Cumin, ground, 1 teaspoon
Garlic powder, ½ teaspoon
Ginger, ground, ½ teaspoon
Oregano, dried, ½ teaspoon
Red pepper flakes, 1 teaspoon
Sesame seeds, white, 1 tablespoon