

Turkey in Thai Spring Rolls - GF, CF, SF

Ingredients:

Ground turkey
1 tablespoon oil(coconut or canola)
Fresh ginger, chopped fine
Garlic
Sea salt and ground pepper
Tamari
Thai spring roll wrapper or lettuce leaves

Directions:

Brown turkey in a little oil(coconut or olive) with fresh ginger and garlic, a little sea salt and fresh ground pepper, and tamari (just enough to coat and flavor, but not make it too drippy)

After browning turkey, either roll it in Thai spring roll rice wrappers or use as filling in a lettuce wrap. For the spring rolls, you can eat them that way, bake them or fry them. I brush a little oil on them before I bake them. This is very simple and easy.

Submitted by: Linda 08/09