

Asian Turkey Meatballs in Lettuce Cups

Dressing:

1 tablespoon Asian fish sauce
1 tablespoon rice vinegar
½ teaspoon toasted sesame oil
Pinch red pepper flakes

Meatballs:

1 pound ground turkey breast
2 garlic cloves, minced
1 tablespoon grated fresh ginger
1 tablespoon toasted sesame oil
2 teaspoons rice vinegar
2 teaspoons low-sodium soy sauce
12 large Boston lettuce leaves
1 small cucumber, cut into matchsticks
1 cup mint leaves



For the dressing: In a small bowl, whisk together fish sauce, vinegar, sesame oil, and pepper flakes; set aside at room temperature.

For the meatballs: In a large bowl, stir together turkey, garlic, ginger, sesame oil, vinegar, and soy sauce. Form mixture into 24 (2 inch) meatballs.

Lightly coat a large nonstick skillet with cooking spray and heat to medium-high. Add meatballs in two batches and cook, turning occasionally, until browned on all sides, 5 to 7 minutes for each batch.

Lay 3 lettuce leaves on each of 4 plates. Place 2 meatballs on top of each leaf. Top meatballs with cucumber and mint leaves, drizzle with dressing, and serve.