

# CABBAGE WRAPS

## INGREDIENTS:

1 pound ground turkey

1 giant head of cabbage

1 bundle of kale (about a cup chopped)

1/2 onion, chopped

4 Tbsp Hoisin Sauce

2 Tbsp low-sodium soy sauce

Pinch of clove, cinnamon, salt (optional), pepper

1 (8oz) can of sliced water chestnuts, drained

## DIRECTIONS:

1. Peel away about 8 leaves of the giant head of cabbage and put them to the side. Really go ahead and pull away 10 or 12. Chop the rest of the cabbage, kale, and onion and put to the side.
2. Brown the ground turkey of medium heat. No oil or anything needed. Once it is fully cooked put in a bowl to the side and drain all the grease out.
3. Using the same skillet put the cabbage, kale, onion mixture in there and cook over medium heat till tender.
4. Stir in Hoisin Sauce, Soy Sauce, water chestnuts, and the pinch of spices.
5. After about a minute add the cooked turkey. Stir till well combined and heated through.
6. Serve over those big ole' cabbage leaves you peeled away. Enjoy!

**VOILA!**