



MOTHER'S CORN  
Kitchen®



# Mimi Recipe





# Turkey meatball

## Ingredients

1lb skinless turkey breast, 1/2 small onion,  
3 small clove garlic, 1 egg, 1/2 cup cooked edamame,  
Carrot, 1 cup bread crumb, Chopped Parsley  
1 teaspoon salt



# Method



1. Blend the onion, garlic, edamame and carrot in a food processor until well finely chopped and out in a bowl.

2. Blend the turkey in the food processor and out in the bowl.



3. Combine well the fine chopped vegetable, turkey, egg, bread crumb, chopped parsley, salt and pepper.

4. Wet both hands with some oil and shape the ground turkey into meatballs lay on a tray lined.



5. Heat up a pan or skillet with some oil and shallow fry the meatballs until lightly browned.





## Homemade gold crackers

### Ingredients

150g cheddar cheese, shredded  
55g unsalted butter  
 $\frac{1}{2}$  salt, 1 cup all purpose flour, 2 tablespoon cold water  
1 tablespoon roasted, flex seed powder



# Method



\*Preheat the oven to 375°F.

1. Mix the cheddar, butter, water, flex seed powder and salt in a food processor until well combined.



2. Pat the dough into a disk, wrap tightly with plastic wrap, and refrigerate for at least an hour.

3. Divide the dough into two pieces and roll each into a very thin.

4. Cut the diamonds or using a shape cutter and punch a hole into the center of each shape then transfer to the baking sheets.



5. Bake until puffed, browning at the edge about 10~13 minutes. Watch carefully, the crackers make burnt easily.





## Spinach Frittatas

### Ingredients

1 tablespoon olive oil, 2/3cup butternut squash,  
small diced 10 mushrooms, sliced 1/4 small onion,  
chopped 1handfull of spinach, 4 eggs  
1 cup milk or 5% cream, Salt & pepper to taste



# Method



\*Preheat oven to 375 °F.

\*A 12-cup muffin pan with cooking spray.

1. In a bowl, whisk together the eggs and milk or cream, and add a salt & pepper.

2. Sauté butternut squash and onion to the pan and cook until tender, about 7-10 minutes.



3. Add mushroom and cook the mushrooms are softened.

4. Add spinach and sauté until wilted.

5. Add the sautéed mixture to the eggs' mixture.



6. Scoop the mixture into to the muffin cups and bake until the eggs have set, about 10 minutes.





## Chicken Orzo Soup

### Ingredients

1 tablespoon olive oil, 1/3 medium onion, finely diced 1 clove garlic, minced 1/2 small carrots, peeled and diced, 1/3 celery stalk, thinly sliced  
4 cups of unsalted chicken broth  
1 bay leaf 1/2 cups orzo pasta, 50g chicken meat skinless boneless chopped, Salt and pepper, to taste



# Method



1. In a pan, heat the olive oil over medium-high heat.
2. Sauté the chicken, onion, garlic, carrots, and celery until tender, about 5 minutes.
3. Add the chicken broth, bay leaf and bring to a boil.
4. Add the orzo and cook, stirring occasionally, for 10 minutes, or until orzo is tender.
5. Remove the pot from the heat. Discard the bay leaf and season with salt and pepper, to taste.



## Quinoa pizza bites

### Ingredients

1 cup quinoa cooked, ½ cup sweet potato, mashed  
¼ cup onion, chopped and sautéed  
2 tablespoon whole wheat flour, 1 egg  
½ cup mozzarella cheese, shredded





# Method



\*Preheat the oven to 375°F.

\*A 12-cup mini muffin pan with cooking spray.

1. In a bowl, combine cooked quinoa, mashed sweet potato, sautéed onion, whole wheat flour, salt and egg.
2. Spoon the mixture into the cups of a mini muffin tin.
3. Fill all the way and top with mozzarella cheese.
4. Bake until the cheese melted, and golden at the edge.
5. Serve with cherry tomato dip.

\* Cherry tomato dip

1 pint red cherry tomatoes, 1 tablespoon olive oil, Salt to taste

\*Preheat the oven to 350°F.

Toss the tomatoes with the oil and salt.

Bake the tomatoes until pop about 15 minutes, and cool down.

Transfer to a blender and make tomato puree.

Strain the puree through a fine mesh sieve and pour a small sauce pan.

Heat the pan over low- heat until hot.