

Making  
Meals  
Meaningful

Delicious, easy to prepare

# RECIPES

you can make with your children

RECIPES PROVIDED BY



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## MINI THAI TURKEY TACOS

**Prep Time:** 30 min / **Total Time:** 50 min

**# Servings:** Makes 16 mini tacos

### INGREDIENTS

#### SLAW TOPPING:

1 cup (250 mL) Shredded Napa cabbage

½ Red pepper, julienned

½ cup (125 mL) Grated carrot

Juice of 1 lime

1 tsp (5 mL) Fish sauce

1 tbsp (15 mL) Sugar

2 tbsp (30 mL) Rice vinegar

2 tbsp (30 mL) Chopped fresh cilantro

#### TACOS:

1 tbsp (15 mL) Vegetable or peanut oil

2 Shallots, minced

2 Cloves garlic, minced

1 tsp (5 mL) Freshly grated gingerroot

1 tbsp (15 mL) Thai red curry paste

1 lb (454 g) Maple Leaf Prime® Extra Lean Ground Turkey

½ cup (125 mL) Chicken broth or water

4 Dempster's® Original Large Tortillas

#### ASSORTED TOPPINGS:

Sour cream, crispy fried onions, chopped toasted cashews



### MINI THAI TURKEY TACOS – DIRECTIONS:

**COMBINE** all ingredients for the slaw topping in a small bowl. Refrigerate until ready to use.

**HEAT** oil in a large skillet over medium-high heat. Add shallots, garlic and ginger. Sauté for 2–3 minutes or until fragrant and soft. Stir in red curry paste. Add turkey and stir, breaking up with the back of a wooden spoon for 10–12 minutes or until golden brown. Pour in chicken broth, bring to a boil and simmer until liquid reduces almost completely. Reduce heat to low until ready to use.

**CUT** 4 circles out of each tortilla using a 3 ½ inch (9 cm) cookie cutter, glass or end of a can and a sharp paring knife.

**DIVIDE** meat mixture between mini tortillas. Top with slaw and assorted toppings.

## NACHO CHICKEN BURGERS

**Prep Time:** 20 min

**Total Time:** 40 min

**# Servings:** 4

### INGREDIENTS

- ¼ cup (60 mL) Vegetable oil, divided
- ½ Onion, finely diced
- 2 Cloves garlic, minced
- ½ Small red pepper, finely diced
- 2 tsp (10 mL) Cumin
- 1 tsp (5 mL) Ground coriander
- 1 lb (454 g) Maple Leaf Prime Naturally® Extra Lean Ground Chicken
- Dash hot sauce
- ¼ cup (60 mL) Chopped fresh cilantro, divided
- ½ cup (125 mL) Flour
- 1 Egg, beaten
- 1 ½ cups (375 mL) Crushed tortillas chips
- 4 Gourmet hamburger buns, split
- ¼ cup (60 mL) Mayonnaise
- 4 Lettuce leaves
- ¼ cup (60 mL) Grated Cheddar cheese (optional)
- 4 Slices tomato
- 1 Avocado, sliced
- ¼ cup (60 mL) Salsa



### NACHO CHICKEN BURGERS – DIRECTIONS:

**HEAT** 1 tbs (15 mL) oil in a small skillet over medium high. Add onion, garlic and peppers. Cook 2–3 minutes or until softened. Add cumin and coriander. Remove from heat to cool slightly.

**PLACE** chicken in a large mixing bowl. Add cooled onion mixture, hot sauce and 1/2 the cilantro. Season with salt and pepper. Using your hands, gently combine the mixture. Form into 4 meat patties.

**PLACE** flour into a shallow bowl. Place egg into a separate shallow bowl and crushed tortillas in a third shallow bowl.

**DREDGE** each burger in flour, egg and tortillas. Heat remaining oil in a large non-stick frying pan over medium-high heat. Cook patties for 4–5 minutes per side or until golden brown and internal temperature has reached a minimum of 165°F (74°C).

**COMBINE** remaining cilantro with mayonnaise and spread on the bottom half of each gourmet bun. Top with lettuce, burger, cheese, tomato, avocado and salsa. Cover with tops of buns and serve.

Serve with additional tortillas, salsa and sour cream.

## SWEDISH TURKEY MEATBALLS

**Prep Time:** 20 min

**Total Time:** 45 min

**# Servings:** 4

### INGREDIENTS

1 lb (454 g) Maple Leaf Prime® Extra Lean Ground Turkey

1 Onion, grated

2 Cloves garlic, minced

2 Egg yolks

¼ cup (60 mL) Breadcrumbs

½ tsp (2 mL) Allspice

½ tsp (2 mL) Ground cardamom

Pinch nutmeg

Salt and pepper

1 tbsp (15 mL) Vegetable oil

3 tbsp (45 mL) Butter

2 tbsp (30 mL) Flour

2 ½ cups (725 mL) Chicken broth

1 tbsp (15 mL) Hot pepper jelly

¼ cup (60 mL) Sour cream



### SWEDISH TURKEY MEATBALLS – DIRECTIONS:

**GENTLY** mix together turkey, grated onion, egg yolks, garlic, breadcrumbs, all spice, cardamom, nutmeg, salt and pepper in a mixing bowl using your hands, until just combined. Shape mixture into 18–20 meatballs and place on a baking sheet.

**HEAT** oil in a large non-stick skillet over medium- high heat. Working in batches, fry meatballs, turning to brown on all sides until the internal temperature has reached 165°F (74°C). Remove from the pan and repeat with remaining meatballs.

**USING** the same pan, heat butter over medium until frothy. Sprinkle in flour and cook, stirring with a wooden spoon for 1 minute. Whisk in chicken broth until smooth. Increase heat to medium-high and bring to a gentle boil for 2–3 minutes or until thickened. Stir in hot pepper jelly and sour cream. Reduce heat to low.

**RETURN** meatballs to the pan. Gently stir to coat with sauce. Season to taste with salt, pepper and nutmeg.

Serve over egg noodles. Garnish with chopped parsley.

## SESAME CHICKEN CRUNCHIES WITH PINEAPPLE DIPPER

**Prep Time:** 10 min

**Total Time:** 25 min

**# Servings:** 6

### INGREDIENTS

#### CHICKEN CRUNCHIES:

2 Packages Maple Leaf Prime Naturally® Chicken Breast Fillets

⅓ cup (80 mL) Cornstarch

Salt and pepper

2 Eggs, beaten

1 tbsp (15 mL) Water

½ cup (125 mL) Sesame seeds

1 cup (250 mL) Crushed corn flake cereal

2 tbsp (30 mL) Sugar

1 tsp (5 mL) Chili flakes, optional

½ cup (125 mL) Oil

#### PINEAPPLE DIPPER:

½ cup (125 mL) Sweet Thai chili sauce

½ cup (125 mL) Pineapple jam or sauce



### SESAME CHICKEN CRUNCHIES WITH PINEAPPLE DIPPER – DIRECTIONS:

**CREATE** a breading station by placing cornstarch, seasoned with salt and pepper in a shallow pan. Place egg, beaten with water in a second shallow pan. Combine sesame seeds, cornflake crumbs, sugar and chili flakes in a third shallow pan.

**DREDGE** chicken with cornstarch, shaking off any excess. Dip into egg mixture. Finally, coat chicken in sesame-cornflake mixture and place onto a baking sheet.

**HEAT** oil in a large skillet over medium heat. Working in batches, cook chicken, 3–4 minutes per side until golden crisp and internal temperature reaches 165°F (74°C).

**COMBINE** sweet Thai chili sauce and pineapple jam in a deep bowl. Using a hand blender purée until smooth.

Serve chicken crunchies with dipper on the side.