



A MILLIONAIRE MOMS CLUB KITCHEN COLLECTION

Favorite Family Recipes

Flavorful, familiar meals made for busy weeks and shared tables.

Made for real life: Six complete Millionaire Moms Club recipes with measured ingredients, serving sizes, prep and cook times, and step-by-step methods.

RECIPES TO KEEP IN ROTATION

Use a food thermometer: cook poultry to 165°F and salmon to 145°F. Check labels for allergens and adjust seasoning to your taste.



Bussin' Chickpea-Kale Chicken Wraps

Makes 4 wraps · Prep 15 min · Cook 15 min · Total 30 min

Ingredients:

- 1 lb boneless, skinless chicken breast, cut into thin strips
- 1 tbsp olive oil
- 1 tsp smoked paprika, ½ tsp garlic powder, ½ tsp kosher salt, and ¼ tsp black pepper
- 1 (15 oz) can chickpeas, drained and rinsed
- ½ tsp smoked paprika and ¼ tsp garlic powder, for the chickpeas
- 4 cups finely chopped kale
- 4 large wraps or tortillas
- 1 ripe avocado, diced, and 1 medium tomato, diced
- Sauce: ½ cup mayonnaise, 2 tbsp Dijon mustard, 1 tbsp honey, and 1 tbsp water

How to make it:

1. Whisk mayonnaise, Dijon, honey, and water until smooth. Set aside 2 tbsp for the kale and keep the rest for serving.
2. Pat the chicken dry. Toss with olive oil, smoked paprika, garlic powder, salt, and pepper. Heat a large skillet over medium-high and cook the strips for 6–8 minutes, turning often, until the thickest pieces reach 165°F.
3. Move the chicken to a clean plate. In the same skillet, warm the chickpeas with their paprika and garlic powder for 3–4 minutes, stirring once or twice.
4. Massage the kale with 2 tbsp sauce for about 30 seconds. Divide kale, chicken, chickpeas, avocado, and tomato among the wraps. Drizzle with sauce, fold in the sides, and roll tightly.

MMC tip: For meal prep, keep the sauce and avocado separate until serving so the wraps stay fresh.

Food safety: Cook chicken to 165°F and use a clean plate and utensils after handling raw chicken.

Lemon Garlic Crab-Stuffed Salmon Skillet

Serves 4 · Prep 15 min · Cook 15–18 min · Total 30–33 min

Ingredients:

- 4 salmon fillets, about 6 oz each
- 6 oz lump crab meat, picked over for shell
- 3 tbsp softened cream cheese and 2 tbsp mayonnaise
- 1 tsp Dijon mustard
- 1 small garlic clove, minced
- 1 tsp finely grated lemon zest and 1 tbsp lemon juice
- 1 tbsp chopped parsley
- 1 tbsp olive oil
- ½ tsp seafood seasoning, plus kosher salt and black pepper

How to make it:

1. Heat the oven to 400°F. In a bowl, gently fold together crab, cream cheese, mayonnaise, Dijon, garlic, lemon zest, lemon juice, parsley, and seafood seasoning.
2. Pat salmon dry. Cut a shallow pocket lengthwise into the thick side of each fillet without cutting through. Season lightly with salt and pepper, then divide the crab mixture among the pockets.
3. Heat olive oil in an oven-safe skillet over medium-high. Set salmon skin-side down and sear for 3 minutes. Carefully turn the fillets, then transfer the skillet to the oven.
4. Bake 8–12 minutes, depending on thickness, until the thickest part of each salmon fillet reaches 145°F and the filling is hot. Rest 2 minutes and finish with extra lemon and parsley.

MMC tip: Serve with rice pilaf, asparagus, or sautéed spinach. If the fillets are thin, start checking them at 8 minutes.

Food safety: Keep raw seafood separate from ready-to-eat foods. Cook salmon to 145°F; crab should be hot throughout.



Hot Honey Drumsticks

Serves 4 · Prep 10 min · Cook 40–45 min · Total 50–55 min

Ingredients:

- 8 chicken drumsticks, about 3 lb total
- 1 tbsp olive oil
- 1 tsp smoked paprika, 1 tsp garlic powder, and 1 tsp onion powder
- 1 tsp kosher salt and ½ tsp black pepper
- Hot honey glaze: ■ cup honey, 2 tbsp hot sauce, 1 tbsp butter, and 1 tsp lemon juice
- Optional: ¼ tsp cayenne for extra heat

How to make it:

1. Heat the oven to 425°F. Line a rimmed baking sheet with foil and set a wire rack on top if you have one. Pat drumsticks dry.
2. Mix paprika, garlic powder, onion powder, salt, and pepper. Rub drumsticks with olive oil, then coat evenly with the seasoning. Arrange with space between pieces.
3. Bake 35–45 minutes, turning once after 20 minutes. Meanwhile, warm honey, hot sauce, butter, lemon juice, and optional cayenne in a small saucepan over low heat for 1–2 minutes; do not boil. Set aside a few tablespoons in a clean bowl for serving.
4. Brush the remaining glaze over the drumsticks for the final 8–10 minutes of baking. Check the thickest part of a drumstick without touching the bone; it must reach 165°F. Rest 5 minutes, then serve with the reserved clean glaze.

MMC tip: The honey can darken quickly, so add it near the end. Pair with greens, roasted potatoes, or a crisp salad.

Food safety: Use a thermometer and cook every drumstick to 165°F. Never reuse glaze that touched raw chicken.

Chicken Pesto Pasta & Salad

Serves 4 · Prep 15 min · Cook 20 min · Total 35 min

Ingredients:

- 12 oz penne or fusilli
- 1 lb boneless, skinless chicken breast, cut into bite-size pieces
- 1 tbsp olive oil
- 1 tsp Italian seasoning, ½ tsp garlic powder, ½ tsp kosher salt, and ¼ tsp black pepper
- ½ cup basil pesto
- ½ cup reserved pasta water
- 3 cups baby spinach
- 1 cup cherry tomatoes, halved
- ½ cup grated Parmesan
- 4 cups salad greens and 2 tbsp dressing, for serving

How to make it:

1. Bring a large pot of salted water to a boil. Cook pasta according to the package, usually 10–12 minutes. Before draining, reserve ½ cup pasta water.
2. While pasta cooks, toss chicken with Italian seasoning, garlic powder, salt, and pepper. Heat olive oil in a large skillet over medium-high. Cook chicken 7–9 minutes, stirring occasionally, until it reaches 165°F.
3. Lower the heat. Stir pesto into the skillet with ¼ cup pasta water. Add spinach and stir until wilted, about 1 minute. Add drained pasta and tomatoes; toss, adding more pasta water a tablespoon at a time until glossy.
4. Top with Parmesan. Toss salad greens with dressing and serve alongside.

MMC tip: Pesto and Parmesan can be salty; taste before adding extra salt.

Food safety: Cook chicken to 165°F and keep raw-chicken utensils away from the finished pasta and salad.



Chicken Caesar Wraps

Makes 4 wraps · Prep 15 min · Cook 12–15 min · Total 27–30 min

Ingredients:

- 1 lb boneless, skinless chicken breast, sliced into thin strips
- 1 tbsp olive oil
- ½ tsp garlic powder, ½ tsp kosher salt, and ¼ tsp black pepper
- 4 large wraps or tortillas
- 5 cups chopped romaine lettuce
- ■ cup Caesar dressing
- ■ cup grated or shaved Parmesan
- 1 cup croutons, lightly crushed (optional)
- 1 lemon, cut into wedges

How to make it:

1. Toss chicken strips with olive oil, garlic powder, salt, and pepper. Heat a skillet over medium-high and cook 6–8 minutes, turning often, until the thickest pieces reach 165°F.
2. In a large bowl, toss romaine with Caesar dressing and Parmesan. Add croutons if using. Start with most of the dressing and add more only if needed.
3. Divide chicken and salad among the wraps. Fold in the sides and roll firmly. For a warm, crisp finish, place each wrap seam-side down in a dry skillet for 1–2 minutes per side.
4. Cut in half and serve with lemon wedges.

MMC tip: Keep the dressed romaine separate until just before assembling if packing the wraps for later.

Food safety: Cook chicken to 165°F. Refrigerate cooked chicken and dressed salad promptly.

Turkey Taco Bowls

Serves 4 · Prep 15 min · Cook 25 min · Total 40 min (add 20 min for brown rice)

Ingredients:

- 1½ cups long-grain white rice and 2¼ cups water (or cook rice to package directions)
- 1 lb ground turkey
- 1 tbsp olive oil
- Seasoning: 2 tsp chili powder, 1 tsp ground cumin, 1 tsp smoked paprika, ½ tsp garlic powder, ½ tsp onion powder, ¾ tsp kosher salt, and ¼ tsp dried oregano
- ¼ cup water
- 1 (15 oz) can black beans, drained and rinsed
- 1 cup corn
- 4 cups shredded romaine, 1 cup salsa, and 1 avocado, diced
- ½ cup shredded cheddar, ½ cup plain Greek yogurt, and 1 lime, cut into wedges

How to make it:

1. Rinse rice if desired. Combine rice, water, and a pinch of salt in a saucepan. Bring to a boil, cover, reduce heat to low, and cook 15–18 minutes. Turn off heat and rest, covered, for 5 minutes; fluff with a fork.
2. Heat olive oil in a large skillet over medium-high. Add turkey and cook 7–9 minutes, breaking it into small pieces, until no pink remains and it reaches 165°F.
3. Stir the seasoning and ¼ cup water into the turkey. Simmer 2 minutes. Add black beans and corn and cook 3–4 minutes, stirring, until hot.
4. Divide rice among four bowls. Add turkey mixture, romaine, salsa, avocado, cheddar, and Greek yogurt. Serve with lime wedges.

MMC tip: For brown rice, use the package water ratio and allow about 35–40 minutes of simmering.

Food safety: Cook ground turkey to 165°F. Refrigerate leftovers within 2 hours.

Cook what you love. Share what you make. Come back to the table when life gets busy.