

Quick & Tasty Recipes



DIRECTIONS



1.

Fold the page at perforation line.

2.

Carefully tear along the perforation to reveal next page.

NOVEMBER 2024

SUN	MON	TUE	WED	THU	FRI	SAT
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DECEMBER 2024

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Easy Lettuce Wraps

Ingredients

For the sauce: 1/4 cup hoisin sauce, 1½ tsp soy sauce (or tamari), 1½ tsp rice vinegar, 1/2 tsp olive oil, 1/2 tsp cornstarch

For the lettuce wraps: 2 tsp olive oil, 12-14-oz block extra firm tofu, 1/4 cup chopped cashews, 2 garlic cloves, minced, 1 tsp grated fresh ginger, 3 green onions, 1 head butter (Bibb) lettuce, washed/ dried, 2 shredded carrots, 3 radishes, thinly sliced, Fresh cilantro, for garnish.

Instructions

Stir together the sauce ingredients. **Make the tofu crumbles:** Drain the tofu container, pat the tofu dry. Place the tofu in a bowl and break it into roughly bite-sized crumbles. Heat the 2 tsp olive oil in a large non-stick skillet. Add the tofu and cook on med-high for 8-10 min, breaking up large pieces into smaller crumbles and stirring occasionally, until browned and lightly crispy and the liquid evaporates. Add drizzle of oil, the cashews, garlic, ginger and half of the green onions. Sauté for 1 min. Add the sauce and sauté for 1 min more. Remove from the heat. To serve, place the tofu crumbles in the butter lettuce leaves. Top with the remaining green onions, shredded carrots, sliced radishes, and cilantro.

JANUARY 2025

1 New Year's Day **20** Martin Luther King Jr. (US)

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Creamy Garlic Chicken

Ingredients

2 boneless skinless chicken breasts (about 1 lb), butterflied or cutlets, 1 tsp kosher salt, 1/2 tsp garlic powder, 1/2 tsp onion powder, 1/2 tsp smoked paprika, ground black pepper, 2 tbsp olive oil, 1 tbsp butter, 3 garlic cloves, minced, 1/8 tsp dried thyme, 1/2 cup heavy cream.

Instructions

Pat the chicken dry, then slice into several pieces. Sprinkle the chicken on both sides with the salt, garlic powder, onion powder, smoked paprika, and a black pepper. Add the olive oil to a large skillet and heat over med. heat. Add the chicken and cook for 3-5 min. per side, until browned on both sides. At 165°F or the center is no longer pink, remove to a plate. Melt the butter in the same pan and reduce the heat to med-low. Add the minced garlic and dried thyme and cook for 30 sec-1 min until the garlic is lightly browned and fragrant. Add the heavy cream and simmer for 1-2 min, stirring and scraping, until thickened slightly. Return the chicken to the pan and warm each side for 1 min.

FEBRUARY 2025

14 Valentine's Day

17 Family Day (CA), President's Day (US)

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Easy Blackened Tilapia

Ingredients

4 (4 oz.) tilapia fillets, 1 tbsp butter (or more olive oil for dairy free)
2 tbsp olive oil, plus one drizzle, 1/2 tsp kosher salt, 2 tbsp Blackened Seasoning, Lemon wedges, for serving.

Instructions

Pat the tilapia dry with a clean towel. Rub it with a drizzle of oil and sprinkle it with the kosher salt and blackened seasoning. Heat a large skillet (not non-stick) over med-high heat and add the butter and olive oil. When butter is melted, add the tilapia and cook for 2-3 min until cooked about halfway to the center of the thickest part. Flip the tilapia. Tilt the pan down slightly and quickly spoon the pan juices over the top of the fish a few times. Cook for 2-5 min, depending on the thickness, until just tender and starting to flake (the internal temperature should be between 140 F in the center when removed). Remove from the heat and serve, spritzed with lemon wedges.

MARCH 2025

17 St. Patrick's Day

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Easy Quesadilla

Ingredients

2 (6") flour tortillas (per 1 serving), 1/4 cup shredded mild cheddar cheese, 1/4 cup shredded Colby jack cheese, 2 tbsp pico de gallo (aka fresh salsa), 1 pinch salt, Olive oil, for cooking. Other filling items: cooked chicken or ground beef, black beans, canned corn, avocado, green onions, chopped cilantro, etc. To serve: sour cream, hot sauce, cilantro, avocado crema, lime crema, salsa, guacamole, chipotle sauce.

Instructions

Place half the shredded cheese, pico de gallo, and 1 pinch salt in half of a tortilla, along with any other filling items (be careful not to overstuff). Fold it over to make a half circle. Repeat with the other tortilla. Heat a stainless steel or cast iron skillet over med- high heat. Add a drizzle of olive oil to lightly coat the pan. Cook for 1- 2 min per side until browned and crisp, pressing gently with a spatula while cooking. Slice into 4 or 6 wedges and serve immediately with dipping sauces.

APRIL 2025

18 Good Friday **20** Easter **21** Easter Monday

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Easy Chickpea Curry

Ingredients

1 yellow onion, 1 large garlic clove, 1 tsp grated ginger, 1 tbsp coconut or olive oil, 6 cups (5 oz) baby spinach leaves (or chopped spinach), 28-oz can crushed fire roasted tomatoes, 1 tbsp curry powder, 1 tsp cumin, ½ tsp coriander, ¾ tps kosher salt, 2 (15 oz) cans chickpeas, ½ cup coconut milk, White or brown basmati rice, to serve.

Instructions

If you're serving with rice, start the basmati rice. Mince the onion and garlic. Peel and mince the ginger (or grate it). Drain and rinse the chickpeas. In a large skillet, heat the oil over med-high heat. Add the onion and saute for 5 min. Add the garlic, ginger, and spinach and saute for 2 min until the spinach is fully wilted. Carefully pour in the tomatoes, then add the curry powder, cumin, coriander, salt, and chickpeas. Cook for 5 min until bubbly. Stir in the coconut milk until fully combined, then remove from the heat. Serve with basmati rice.

MAY 2025

11 Mother's Day

19 Victoria Day (CA) 26 Memorial Day (US)

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Pesto Salmon

Ingredients

4 (6 oz) salmon fillets or a large 1½ lb fillet, Olive oil, for brushing, 1/2 tsp kosher salt, plus more for brining, 1/2 tsp freshly ground black pepper, 3 tbsp basil pesto, 1 tbsp toasted and chopped pine nuts, A few grates of lemon zest, for garnish.

Instructions

Preheat the oven to 325 F. Brine the salmon: In a shallow dish stir together 4 cups water and 3 tbsp salt until it dissolves. Place the salmon in the water and wait for 15 min. Bake: Rub the bottom of a baking dish with olive oil. Pat salmon dry and place it on the pan. Sprinkle the salmon with 1/8 tsp salt for each of the 4 fillets and fresh ground pepper. Cover pan with foil and bake the salmon for 10 min. Then remove the foil, bake again for 3-6 min, depending on thickness, until just tender and pink at the center (the internal temp should be between 125-130 F in the center). A 1" thick fillet should cook in 15 min total. Serve: When the salmon is done, spoon the pesto over the salmon. Sprinkle it with chopped pine nuts and if desired, a bit of lemon zest.

JUNE 2025

15 Father's Day 19 Juneteenth (US)

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Peanut Noodles

Ingredients

12 oz dry udon, soba or rice noodles, 6 tbsp creamy peanut butter, 1½ tbsp soy sauce (or tamari or coconut aminos), 1½ tsp Sriracha hot sauce, 3 tbsp fresh lime juice, 1 tbsp pure maple syrup or honey, 6 tbsp water, 2 tbsp neutral oil, 2 carrots-thinly sliced, 1 red pepper-thinly sliced, 3 green onions-thinly sliced, 6 oz snap peas, 1 tsp kosher salt, 1 handful fresh cilantro & chopped peanuts, for garnish.

Instructions

Cook the noodles according to the package instructions. Drain and rinse under cold water. In a medium bowl, stir together the peanut butter, soy sauce, Sriracha, lime juice, maple syrup or honey, and water.

In a large skillet, heat the neutral oil over high heat. Add the vegetables and 1/2 tsp of salt and sauté for 1-2 min, until just tender and lightly charred. Remove the heat. Add the cooked noodles, sauce, and the remaining 1/2 tsp of salt to the pan and stir to combine. Add 2 tbsp of water and apply heat until it becomes smooth and saucy. Serve topped with torn fresh cilantro leaves, chopped peanuts and lime wedges.

JULY 2025

1 Canada Day **4** Independence Day (US)

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Easy Cajun Shrimp

Ingredients

1½ lb medium shrimp, deveined and thawed if frozen (tail on or peeled), 1/2 tsp kosher salt, 2 tsp purchased Cajun seasoning OR 1½ tbsp homemade Cajun seasoning, 1/2 tsp garlic powder, 1/2 tsp onion powder, 2 tbsp olive oil.

Instructions

Pat the shrimp dry. In a medium bowl, mix the shrimp with 1/2 tsp kosher salt, the Cajun seasoning, garlic powder and onion powder. In your largest skillet (cast iron or stainless steel preferred), heat the olive oil on medium high heat. Add the shrimp and cook for 1-2 min per side until just opaque and cooked through, turning them with tongs. Once cooked through, serve immediately.

AUGUST 2025

4 Civic Holiday (CA)

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Best Vegetarian Chili

Ingredients

1 medium yellow onion, 3 cloves garlic, 2 tbsp olive oil, 1/3 cup dry quinoa, 1 cup water, 1 or 2 (15 oz) can black beans, drained, 1 (15 oz) can kidney beans, drained, 2 (28 oz) cans diced fire roasted tomatoes, 4 tbsp salted butter (or vegan butter), 1 (15 oz) can corn (or 1½ cups frozen corn), drained, 1 tbsp yellow mustard, 1 tbsp vegan Worcestershire sauce, 1/2 cup ketchup, 2 tbsp each chili powder and dried oregano, 1 tbsp each garlic powder and cumin, 1½ tsp kosher salt, 1 tsp smoked paprika.

Instructions

Dice the onion. Mince the garlic. In a large pot or Dutch oven, heat the olive oil over medium heat. Add the onions and garlic and sauté for 5-7 min, until tender. Add all other ingredients except for the smoked paprika. Simmer for 25 min, then stir in the smoked paprika. Serve immediately with toppings of your choice.

I hope you are enjoying this handy calendar.

If you would like to receive a
2026 calendar next year,
please call or email me.

My contact information is
on the business card attached above.



Classic Tuna Melt

Ingredients

1 (5 oz) can white meat tuna,
2 tbsp finely chopped red
onion, 1/4 cup finely chopped,
dill pickles, 1 tbsp chopped

parsley, 1/2 tsp fresh tarragon or 1/4 tsp dried dill, 3 tbsp mayonnaise,
1 tbsp Dijon mustard, 1/4 tsp kosher salt, 4 slices artisan bread, 2 slices
tomato, 4 slices cheddar cheese.

Instructions

Drain the tuna. Place it in a bowl and use a fork to break apart any large clumps. Finely chop the red onion and dill pickles, and mince the parsley. Add the vegetables to the bowl with the tuna, along with the dried tarragon or dill, mayonnaise, Dijon mustard and salt. Stir to combine. Spread the outsides of the bread slices with mayonnaise or butter. Assemble the sandwiches: on each slice of bread place the tuna salad filling, a tomato slice, and 2 slices of cheddar cheese, then top with the other slice of bread. Preheat a skillet over med. heat (cast iron works well if you have it). Cook the sandwich 2-3 min, then carefully flip and cook about 2 min more until browned and the cheese is melted.

SEPTEMBER 2025

1 Labour Day

30 National Day for Truth and Reconciliation (CA)

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Avocado Grilled Cheese Sandwich

Ingredients

1 ripe tomato, 1 avocado, 4 slices bread (like Homemade Bread, Whole Wheat Bread, Sourdough Bread or Dutch Oven Artisan Bread). Butter or mayonnaise, 1 cup shredded mozzarella cheese, 1/4 cup Parmesan cheese, Kosher salt (optional).

Instructions

Pre-toast the bread slices in the toaster. Slice the tomatoes, place the slices on a plate, and sprinkle with salt. Slice the avocado and sprinkle it with salt. Spread butter or mayo on one side of each of the 4 bread pieces. Heat a griddle pan to medium high heat. Place 2 pieces of bread on the griddle, buttered side down. On each piece, spread 1/4 cup mozzarella cheese, a sprinkle of shredded Parmesan, tomato slices, avocado slices, the other 1/4 cup mozzarella cheese, Parmesan, a sprinkle of salt, and the other piece of bread. When the bottom bread is browned, flip the sandwich and cook until the bread is toasted and the cheese is melted.

OCTOBER 2025

13 Thanksgiving (CA), Columbus Day (US) **31** Halloween

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Quick Burrito Bowl

Ingredients

1½ cups dry rice, 15 oz can black beans, 15 oz can corn, 1 cup fresh pico de gallo (fresh salsa), 1/2 tsp salt, Avocado, cherry tomatoes, red onion, chopped romaine, nacho cheese, roasted peppers, sauteed shrimp, shredded cooked chicken, etc. 1/2 cup plain whole milk yogurt, 1/4 cup mayonnaise, 1 tsp apple cider vinegar, 1/2 each tsp each dried dill, garlic powder and onion powder, 1/4 each tsp each salt and ground black pepper, 2 tbsps adobo sauce from a can of chipotle chilis.

Instructions

Cook the rice. Fluff it with a fork and add a few pinches salt and a drizzle of olive oil, to taste. In a bowl, mix together the beans (drained and rinsed), corn, and pico de gallo with the salt. Cut the avocado. Slice the cherry tomatoes in half, and thinly slice the onions. Mix all dressing ingredients in a small bowl until fully combined. Add the rice to bowls, then top with the black bean and corn salad, veggies, and chipotle ranch dressing.

NOVEMBER 2025

11 Remembrance Day (CA), Veterans Day (US)

27 Thanksgiving (US)

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Easy Salmon Bites

Ingredients

1 lb wild caught salmon fillets, skin removed and cut into 1" pieces, 3/4 tsp garlic powder, 3/4 tsp smoked paprika, 1/4 tsp dried dill, 1/2 tsp salt, freshly ground black pepper, 1 tbsp salted butter, 1 garlic clove, grated or minced, zest of 1/2 lemon.

Instructions

Preheat a broiler to high. Prep the salmon as noted above. In a bowl, gently toss the salmon pieces with the olive oil, garlic powder, smoked paprika, dried dill, kosher salt, and fresh ground black pepper. Place a large sheet of aluminum foil on a baking sheet and brush it with olive oil. Place the salmon on the foil, ensuring there is space between each bite. Broil 4-5 min. until just tender and pink at the center (the internal temperature should be between 125-130°F in the center). Meanwhile, melt the butter in a small saucepan. Once melted, remove from the heat and stir in the garlic clove and lemon zest. When the salmon is cooked, toss the bites with the lemon garlic butter.

DECEMBER 2025

25 Christmas Day **26** Boxing Day (ON)

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2026

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FEBRUARY

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MARCH

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SEPTEMBER

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NOVEMBER

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DECEMBER

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IMPORTANT PHONE NUMBERS

Police • Fire • Ambulance: **Call 911**

Home Address _____

Home Phone _____

Mom's Cell _____

Dad's Cell _____

Hospital _____

Pharmacy _____

Poison Center _____

Doctor _____

Other Important Numbers

KITCHEN CONVERSIONS

Cup	Milliliters	Fluid Ounces	Tablespoons	Teaspoons
1/16 cup	15 ml	1/2 oz	1 tbsp	3 tsp
1/8 cup	30 ml	1 oz	2 tbsp	6 tsp
1/4 cup	59 ml	2 oz	4 tbsp	12 tsp
1/3 cup	79 ml	2 2/3 oz	5 1/3 tbsp	16 tsp
1/2 cup	118 ml	4 oz	8 tbsp	24 tsp
2/3 cup	158 ml	5 1/3 oz	10 2/3 tbsp	32 tsp
3/4 cup	177 ml	6 oz	12 tbsp	36 tsp
1 cup	237 ml	8 oz	16 tbsp	48 tsp