

A top-down view of a white ceramic bowl filled with a healthy dinner. The bowl contains a base of light-colored rice or quinoa. On top, there are several pieces of golden-brown pan-fried salmon, a portion of bright green steamed broccoli, and a generous amount of cubed, roasted sweet potatoes. A thick slice of sliced avocado is arranged in a fan shape in the foreground. A silver fork is placed on the left side of the bowl. The bowl sits on a grey, textured surface.

Tasty Dinner
RECIPES
2024

DIRECTIONS



1.

Fold the page at perforation line.

2.

Carefully tear along the perforation to reveal next page.

NOVEMBER 2023

SUN	MON	TUE	WED	THU	FRI	SAT
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DECEMBER 2023

SUN	MON	TUE	WED	THU	FRI	SAT
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Easy Butter Chicken

2 lb boneless, skinless chicken breast, cubed. Salt, pepper to taste
2 tsp chili powder, divided
1 tsp turmeric
6 tbsp butter, divided
1 ½ cups yellow onion, diced
3 tsp garam masala
1 tsp cumin, 1 tsp cayenne pepper
1 tbsp ginger, grated
3 cloves garlic, minced
1 cinnamon, 3 inch stick
14 oz tomato sauce
1 cup water, 1 cup heavy cream
Rice, for serving
Fresh cilantro, chopped for garnish



In a large bowl, season the chicken breast with salt, pepper, 1 tsp of chili powder, and the 1 tsp of turmeric. Let sit for 15 min to marinate.

Melt 2 tbsp of butter in a large pot over medium heat. Brown the chicken, then remove from the pot.

Melt another 2 tbsp of butter in the pot, then add the onion, garam masala, remaining tsp of chili powder, cumin, ginger, garlic, cayenne, cinnamon, salt and pepper. Cook until fragrant.

Add the tomato sauce and bring to a simmer.

Add the water and cream and return to a simmer.

Return the chicken to the pot, cover, and simmer for another 10-15 min.

Stir in the last 2 tbsp of butter and season with more salt and pepper to taste.

Serve the chicken over rice and garnish with cilantro.

JANUARY 2024

1 New Year's Day **15** Martin Luther King Jr. (US)

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Lemon Garlic Salmon & Asparagus

1 lb salmon fillet cut into 2-3 fillets
1 bunch asparagus trimmed
1 tbsp salted butter
1 tbsp olive oil
2 cloves garlic minced
Zest and juice of 1/2 lemon
Salt and black pepper to taste

Heat 1 tbsp of butter and 1 tbsp of olive oil in a large pan.
Wait until the pan is hot and the butter has fully melted. Add the salmon and asparagus, season with salt and pepper, and cook for about 3-4 min on one side.
Flip and cook for about 3-4 min on the other side.
Add the garlic and lemon zest. Cook the garlic for just 1-2 minutes or until it begins to brown.
Turn off the heat and squeeze half a lemon into the dish.



FEBRUARY 2024

14 Valentine's Day

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

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Stuffed Bell Pepper Boats

1 lb lean ground turkey
1 tsp chili powder
1 tsp cumin
1/2 tsp black pepper
1/4 tsp kosher or sea salt
3/4 cup salsa, no sugar added
1 cup grated cheddar cheese,
3 bell peppers

Remove seeds, core, and membrane from bell peppers then slice each one into 6 verticle pieces where they dip down.

Set sliced bell peppers aside.

Cook ground turkey over medium-high heat, breaking up as it cooks.

Cook until the turkey loses it's pink colour and is cooked through.

Drain off any fat. Preheat oven to 375 degrees F.

Combine cooked turkey with spices and salsa. Evenly distribute mixture into the bell pepper boats, top with cheese.

Bake on a parchment lined baking sheet for 10 min or until cheese is melted and peppers are hot.



MARCH 2024

17 St. Patrick's Day 29 Good Friday 31 Easter

SUN	MON	TUE	WED	THU	FRI	SAT
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Spicy Chicken & Sweet Potato

2 lbs. boneless skinless chicken
breasts, cut into small pieces
3 tbsps spicy seasoning mix
Few tbsps of olive oil
3 sweet potatoes, peeled and diced
5–6 cups broccoli florets
Coarse sea salt and freshly cracked
pepper
Avocado / hummus / lemon juice /
chives / olive oil for serving

Preheat the oven to 425 F. Toss
the chicken pieces with the
spices and a quick stream of
olive oil. Stir to combine; store
in the fridge for about 30 min
while you prepare other
ingredients.

Arrange the vegetables on
their own sheet pans
(preferably ones with edges to
catch drips, etc.). Drizzle with
olive oil and sprinkle
generously with salt. Arrange
the chicken on a separate
sheet pan.

Bake all ingredients for 12-15
min. Remove the broccoli and
chicken. Stir sweet potatoes &
roast another 15 min or so.



APRIL 2024

1 Easter Monday

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Ground Turkey Skillet with Green Beans

2 tbsps extra virgin olive oil
1 lb extra-lean ground turkey
1 tsp garlic — minced
½ cup onions — diced
½ cup yellow bell pepper — diced
1½ cup green beans — chopped
¾ cup homemade tomato sauce or
any other sauce of your preference
Salt and ground fresh black pepper
A pinch of crushed red pepper

In a skillet, heat the olive oil over medium-high heat.

Add the ground turkey, and break it up until it's in small pieces.

Once the turkey is almost cooked through, add the onion and garlic. Stir occasionally, and cook until the onions are golden brown.

Add yellow peppers, green beans, and homemade tomato sauce. Cover the skillet, and cook until the vegetables are tender. Add salt, pepper, and crushed red pepper to taste.

Serve warm and enjoy!



MAY 2024

12 Mother's Day

20 Victoria Day (CA) 27 Memorial Day (US)

SUN	MON	TUE	WED	THU	FRI	SAT
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Roasted Veggie and Black Bean Tacos

Tomatoes, Corn, Zucchini
Yellow squash, Yellow onion
Red bell pepper
Olive and canola oil
Cumin, chili powder
Salt and pepper
Cilantro
Black beans
Lime juice
Tortillas, for serving
Taco toppings of choice

Prep the fresh veggies and place on roasting sheet. Drizzle with oil and sprinkle with spices. Toss to combine. Roast for 20 min, stirring the veggies halfway through. Once the vegetables have finished roasting, add the black beans, lime juice and cilantro to the pan and stir.

Serve veggie taco filling with warm tortillas and your favorite toppings.



JUNE 2024

16 Father's Day 19 Juneteenth (US)

SUN	MON	TUE	WED	THU	FRI	SAT
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15-Minute Lo Mein

Sauce: 2 tbsps dark soy sauce

1 tbsp light soy sauce

1 tsp sesame oil, 1 tsp sugar

Noodles: 4–6 oz. uncooked ramen noodles, 1 tbsp sesame oil

3 green onions, chopped,

1–2 tbsps mirin

(separate green parts from white parts – you'll use both separately)

2–3 cups julienne cut or chopped vegetables like carrots, red peppers, cabbage, bok choy, mushrooms, or broccoli

Sauce: Shake all the sauce ingredients together in a jar.

Noodles: Cook the noodles according to package directions.

Drain and set aside.

Lo Mein: Heat the sesame oil in a large wok or skillet. Add the green onions (white parts) and vegetables to the hot pan. Stir fry until fork-tender, about 5 min. Add the mirin to loosen the browned bits off the bottom of the pan. Add the cooked noodles and about half of the sauce – toss around in the hot pan to combine. Add more sauce if needed (you want a medium brown colour, not too light, not too dark). Serve topped with remaining green onions!



JULY 2024

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

SUN	MON	TUE	WED	THU	FRI	SAT
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Glazed Salmon with Spiced Carrots

4 tbsp extra-virgin olive oil,
plus more for the pan
1 lb carrots, thinly sliced
2 tbsp honey
1 tbsp Dijon mustard
2 tbsp fresh lime juice,
and lime wedges.
4 (6-oz) center-cut salmon fillets
(1 1/2 inches thick)
Salt and ground pepper
1/2 tsp ground coriander
1/4 tsp ground cumin
Pinch of ground cinnamon
1/3 cup roughly chopped fresh mint
1/4 cup sliced almonds

Preheat the broiler. Lightly oil the broiler pan. Toss the carrots with 1 tbsp olive oil in a bowl, then spread out on one side of the pan. Broil until the carrots begin to soften, 2-3 min.

Whisk 2 tbsp olive oil, the honey, mustard & 1 tbsp lime juice in a small bowl. Brush the tops and sides of the salmon with the glaze. Put the salmon, skin-side down, on the other side of the broiler pan next to the carrots and season with salt and pepper. Broil until the salmon is golden brown and just cooked through and the carrots are crisp-tender, 5-7 min.

Whisk the remaining 1 tbsp each olive oil and lime juice, the coriander, cumin, cinnamon, mint and almonds in a bowl. Add the carrots and toss to combine; season with salt and pepper. Serve the salmon with the carrots and lime wedges.



AUGUST 2024

5 Civic Holiday (CA)

SUN	MON	TUE	WED	THU	FRI	SAT
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One-Pot Beef with Broccoli

- 2/3 cup reduced sodium soy sauce
- 1/2 cup chicken stock
- 1/4 cup honey
- 2 tbsps rice wine vinegar
- 2 tbsps brown sugar, packed
- 3 cloves garlic, minced
- 1 tbsp sesame oil, 1 tbsp cornstarch
- 1 tsp Sriracha, or more, to taste
- 1 tsp olive oil, 1 tsp ground ginger
- 1/4 tsp red pepper flakes
- 1 lb flank steak, thinly sliced across the grain
- 1 head broccoli, cut into florets

In a medium bowl, whisk together soy sauce, chicken stock, honey, vinegar, brown sugar, garlic, sesame oil, cornstarch, Sriracha, ginger, red pepper flakes and 1/4 cup water; set aside.

Heat olive oil in a large skillet over medium high heat.

Add steak and cook, flipping once, until browned, about 3-4 min.

Stir in broccoli and soy sauce mixture until tender and slightly thickened, about 3-4 min.

Serve immediately.



I hope you are enjoying this handy calendar.

If you would like to receive a
2025 calendar next year,
please call or email me.

My contact information is
on the business card attached above.

Turkey Pad Thai

1/4 cup boiling water
1/4 cup brown sugar, 1/4 cup fish sauce
2 limes, 1 juiced, 1 cut for serving
2 tbsp rice vinegar, 2 tbsp vegetable oil
1 tbsp sriracha hot sauce
1 1/2 cups cut cooked turkey
8 oz linguini, broken in half
1/2 yellow onion, sliced
3 cloves garlic, minced
3 eggs, slightly beaten
1 large carrot, grated
1/2 cup chopped peanuts
1/2 cup chopped cilantro
2 cups bean sprouts
3 scallions, cut into 3/4" pieces

Sauce: In a bowl, pour the boiling water over the brown sugar and stir to dissolve. Add the lime juice, fish sauce, rice vinegar, sriracha and stir. Place the leftover turkey in the pad Thai sauce and let it absorb the flavors while prepping the rest of the dish.

Pasta: cook the linguine one min less than the manufacturer's directions. Drain, and set aside. Heat the oil in a wok or large saute pan over high heat until very hot, almost smoking. Add the onions and stir fry 1 min. Add the garlic and stir. Then add the eggs and cook for 30 sec, stirring. Add the linguini and turkey with sauce and cook, stirring for a few min. Remove from heat and toss in grated carrot, peanuts, cilantro, bean sprouts and scallion. Serve with lime wedges, if desired.



SEPTEMBER 2024

2 Labour Day

30 National Day for Truth and Reconciliation (CA)

SUN	MON	TUE	WED	THU	FRI	SAT
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Crispy Eggplant Parmesan

2 tbsp canola oil
1 med onion, chopped
1 tbsp chopped garlic
1/2 tsp red pepper flakes
2 tsp Italian seasoning
1 (28-oz) can crushed tomatoes
Salt, ground black pepper
1/2 cup all-purpose flour
2 eggplants, 2 eggs
1/2 cup water
1 cup dried Italian bread crumbs
1/2 cup cornmeal
1/4 cup grated Parmesan
1 cup shredded mozzarella cheese
2 tbsp chopped parsley leaves, for

In a large pot over med-high heat, add the canola oil. Add the onion and cook until softened, about 5 min. Add the garlic and red pepper flakes and cook for 1 min. Add the 2 tsp Italian seasoning, tomatoes and season with salt and pepper, to taste. Bring to a simmer and let cook for 10 min. Preheat oven to 375 F. Prepare 3 baking dishes for breading. In the 1st dish, add the flour & salt and pepper, to taste. In the 2nd dish whisk the eggs with 1/2 cup water. In the 3rd dish combine the bread crumbs, cornmeal, 2 tbsp Parmesan and salt, pepper to taste. Slice the eggplant into 3/4" slices. Dredge them in flour, then in the egg wash then in the bread crumbs. Arrange the eggplant on 2 sheet trays fitted with a racks and bake in oven until crispy, 20-25 min. Turn the oven to broil. Put the eggplant, overlapping, into a flameproof baking dish in 2 rows. Cover each row with about a cup of sauce and sprinkle with the mozzarella & remaining 2 tbsp of Parmesan. Put under the broiler until the cheese is melted, about 3-4 min. Garnish with parsley and serve.



OCTOBER 2024

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

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Barbecued Chinese Chicken Lettuce Wraps

2 cups, shiitake mushrooms
1 1/3 to 1 1/2 lbs thin cut chicken breast
2 tbsp vegetable or peanut oil
Coarse salt and coarse black pepper
3 cloves garlic, chopped
1" ginger root, finely chopped or grated
1 orange, zested. 3 scallions, chopped
1/2 red bell pepper, diced small
6-8 oz, sliced water chestnuts, drained and chopped
3 tbsp hoisin, Chinese BBQ sauce
1/2 large head iceberg lettuce, core removed, head quartered
Wedges of navel orange to garnish

Remove tough stems from mushrooms and brush with damp towel to clean, slice mushrooms. Chop chicken into small pieces. Preheat a large skillet or wok to high. Add oil to hot pan. Add chicken to the pan and sear meat by stir frying 1-2 min. Add mushrooms and cook another 1-2 min. Add salt and pepper to season, then garlic and ginger. Cook 1 min more. Grate zest into pan, add bell pepper bits, chopped water chestnuts and scallions. Cook 1 min more, continuing to stir fry mixture. Add hoisin Chinese BBQ sauce and toss to coat the mixture evenly. Transfer the hot chopped barbecued chicken to serving platter and pile the quartered wedges of crisp iceberg lettuce along side. Add wedged oranges to platter to garnish. To eat, pile spoonfuls into lettuce leaves, wrapping lettuce around fillings and squeeze an orange wedge over.



NOVEMBER 2024

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

28 Thanksgiving (US)

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Sweet and Sour Glazed Shrimp

1/4 cup Chinese plum sauce
1/4 cup ketchup
2 tsp soy sauce
1/4 tsp crushed red pepper flakes
1 1/4 lb medium shrimp, peeled, deveined, tails removed
Salt and ground black pepper
1 tbsp peanut oil
2 scallions, thinly sliced (white and green parts kept separate)
1 clove garlic, finely chopped
1 tsp finely chopped peeled fresh ginger
3 tbsp unseasoned rice wine vinegar
Cooked white rice

Stir together the plum sauce, ketchup, soy sauce and pepper flakes in a small bowl and set aside. Sprinkle the shrimp with salt and pepper. Heat the oil in a medium skillet over medium-high heat. Add the shrimp to the skillet and cook, stirring occasionally, until just cooked through, 2-3 min. Transfer to a plate.

Add the scallion whites, garlic and ginger to the skillet and cook, stirring constantly, until soft, about 1 min. Add the vinegar and the plum-ketchup sauce, bring to a simmer. Return the shrimp to the skillet along with the scallion greens and give the skillet a swirl. Divide among 4 plates, serve with rice.



DECEMBER 2024

25 Christmas Day 26 Boxing Day (ON)

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2025

JANUARY

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FEBRUARY

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APRIL

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JULY

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AUGUST

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SEPTEMBER

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OCTOBER

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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