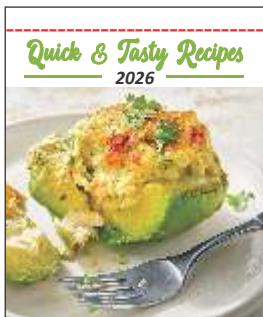


Quick & Tasty Recipes

2026



Directions



1.

Fold the page at perforation line.

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Carefully tear along the perforation
to reveal next page.

November 2025

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December 2025

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Quick Almond Chicken Stir-Fry

Ingredients

1 cup whole unblanched almonds, 1/4 cup canola oil, 1 lb boneless skinless chicken breasts, cut into cubes, 1 tbsp cornstarch, 1/2 cup chicken broth, 3 tbsp soy sauce, 2 tsp honey, 1 tsp ground ginger, 1 package (14 oz.) frozen sugar snap peas, Hot cooked pasta or rice.

Instructions

In a large skillet over medium heat, cook almonds in oil for 3 min. Add chicken; cook until meat is no longer pink, 5-7 min.

In a small bowl, combine cornstarch, broth, soy sauce, honey and ginger until smooth; add to chicken mixture. Bring to a boil; cook and stir until thickened, about 2 min. Reduce heat; add peas. Cook and stir until heated through.

Serve with pasta or rice.

January 2026

1 New Year's Day **19** Martin Luther King Jr. (US)

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Steamed Tilapia in Wine Sauce

Ingredients

4 tilapia fillets (6 oz each), 1 tsp salt, 1/4 tsp plus 1/8 tsp pepper, divided.

1 lb fresh sugar snap peas, trimmed, 2 tbsp minced chives, 4 tbsp butter, 1/2 cup dry white wine. Hot cooked wild rice.

Instructions

Sprinkle fillets with 3/4 tsp salt and 1/4 tsp pepper. Place each fillet on a piece of heavy-duty foil (about 18x12 in.). Top each fillet with peas, chives and butter.

Drizzle with wine; sprinkle with remaining salt and pepper. Fold foil around fillets and peas, sealing tightly.

Grill, covered, over medium heat 10-15 min or until fish flakes easily with a fork.

Open foil carefully to allow steam to escape. Spoon juices over fish and peas. If desired, top with additional minced chives. Serve with rice.

February 2026

14 Valentine's Day

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

SUN	MON	TUE	WED	THU	FRI	SAT
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Spinach Shrimp Fettuccine

Ingredients

1 lb uncooked fettuccine, 1 package (6 oz) baby spinach, 2 tbsp olive oil, 4 minced garlic cloves, 1 lb uncooked shrimp (31-40 per lb), peeled and deveined, 2 medium plum tomatoes, seeded and chopped, 1/2 tsp Italian seasoning, 1/4 tsp salt, 1/4 cup shredded Parmesan cheese.

Instructions

Cook the fettuccine according to the package directions. Meanwhile, in a large skillet, saute the spinach in the oil for 2 min or until the leaves begin to wilt. Add the garlic and cook for one minute longer. Add the shrimp, tomatoes, Italian seasoning and salt, and saute them for 2-3 min or until the shrimp turn pink. Drain the fettuccine, add it to the skillet and toss to coat the pasta. Sprinkle the shrimp and pasta mixture with the Parmesan cheese.

March 2026

17 St. Patrick's Day

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Avocado Crab Boats

Ingredients

5 medium ripe avocados, peeled and halved, 1/2 cup mayo, 2 tbsp lemon juice, 2 cans (6 oz each) lump crabmeat & 1 tbsp capers, drained, 4 tbsp chopped fresh cilantro, divided, 2 tbsp minced chives, 1 serrano pepper, seeded and minced, 1/4 tsp pepper, 1 cup shredded pepper jack cheese, 1/2 tsp paprika, Lemon wedges.

Instructions

Preheat broiler. Place 2 avocado halves in a large bowl; mash lightly with a fork. Add mayonnaise and lemon juice; mix until well blended. Stir in crab, 3 tbsp cilantro, chives, serrano pepper, capers and pepper. Spoon into remaining avocado halves. Transfer to a 15 x 10 x 1-in. baking pan. Sprinkle with cheese and paprika. Broil 4-5 in. from heat until cheese is melted, 3-5 min. Sprinkle with remaining cilantro; serve with lemon wedges.

April 2026

3 Good Friday 5 Easter 6 Easter Monday

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Grilled Salmon in Foil

Ingredients

4 salmon fillets (4 oz each), 1 tsp garlic powder, 1 tsp lemon-pepper seasoning
1 tsp curry powder, 1/2 tsp salt, 1 small onion, cut into rings, 2 medium tomatoes,
seeded and chopped.

Instructions

Place each salmon fillet, skin side down, on a double thickness of heavy-duty foil (about 18 x 12 in.). Combine the garlic powder, lemon pepper, curry powder and salt; sprinkle over salmon. Top with onion and tomatoes. Fold foil over fish and seal tightly. Grill, covered, over medium heat for 10-15 min or until fish flakes easily with a fork. Open foil carefully to allow steam to escape.

May 2026

10 Mother's Day

18 Victoria Day (CA) 25 Memorial Day (US)

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Spaghetti Chicken Parmesan

Ingredients

1 can (15 oz) tomato sauce, 2 tsp Italian seasoning, 1/2 tsp garlic powder, 1 large egg, 1/4 cup seasoned bread crumbs, 3 tbsp grated Parmesan cheese, 2 boneless skinless chicken breast halves (4 oz each), 2 tbsp olive oil, 2 slices part-skim mozzarella cheese. Optional: Fresh basil leaves and additional Parmesan cheese.

Instructions

In a small saucepan, combine the tomato sauce, Italian seasoning and garlic powder. Bring to a boil. Reduce heat; cover and simmer for 20 min. Meanwhile, in a shallow bowl, lightly beat the egg. In another shallow bowl, combine bread crumbs and Parmesan cheese. Dip chicken in egg, then coat with crumb mixture. In a large skillet, cook chicken in oil over medium heat until 165°, about 5 min. on each side. Top with mozzarella. Cover and cook until cheese is melted, 3-4 min longer. Serve with tomato sauce. If desired, sprinkle with basil and Parmesan.

June 2026

19 Juneteenth (US) 21 Father's Day

SUN	MON	TUE	WED	THU	FRI	SAT
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Veggie Fajitas

Ingredients

1 small zucchini, thinly sliced, 1 medium yellow summer squash, thinly sliced, 1/2 lb sliced fresh mushrooms, 1 small onion, halved and sliced. 1 medium carrot, julienned, 1 tsp salt, 1/2 tsp pepper, 1 tbsp canola oil, 8 flour tortillas (8 inches), warmed, 2 cups shredded cheddar cheese, 1 cup sour cream, 1 cup salsa.

Instructions

In a large cast-iron or other heavy skillet, saute the vegetables with salt and pepper in oil until crisp-tender, 5-7 min. Using a slotted spoon, place about 1/2 cup vegetable mixture down the center of each tortilla. Sprinkle each with 1/4 cup cheese; top with sour cream and salsa. Fold in sides.

July 2026

1 Canada Day 4 Independence Day (US)

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Herbed Tuna Salad

Ingredients

1 can (6 oz) light water-packed tuna, drained and flaked, 2 tbsp finely chopped red onion, 1 tsp minced fresh parsley, 1-1/2 tsp dill weed, 1/8 tsp garlic salt, 1/8 tsp dried thyme, 1/8 tsp pepper, Pinch cayenne pepper, 2 tbsp fat-free mayonnaise, 1 tbsp reduced-fat sour cream, 3 cups Boston lettuce leaves. 6 grape tomatoes, sliced. Optional: Sliced cucumber and fresh dill.

Instructions

In a small bowl, combine the first 8 ingredients. Combine the mayonnaise and sour cream; stir into the tuna mixture. Divide the salad greens between 2 plates. Top with tuna mixture and tomatoes and, if desired, cucumbers and dill.

August 2026

3 Civic Holiday (CA)

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Grilled Chicken Salad with Blueberry Vinaigrette

Ingredients

2 boneless skinless chicken breast halves (6 oz each), 1 tbsp olive oil, 1 garlic clove, minced, 1/4 tsp salt, 1/4 tsp pepper.

VINAIGRETTE: 1/4 cup olive oil, 1/4 cup blueberry preserves, 2 tbsp balsamic vinegar, 2 tbsp maple syrup, 1/4 tsp ground mustard, 1/8 tsp salt, Dash pepper.

SALADS: 1 package (10 oz) ready-to-serve salad greens, 1 cup fresh blueberries, 1/2 cup canned mandarin oranges, 1 cup crumbled goat cheese.

Instructions

Toss chicken with oil, garlic, salt and pepper; refrigerate, covered, 30 min. In a small bowl, whisk together vinaigrette ingredients; refrigerate, covered, until serving. Grill chicken, covered, over medium heat until a thermometer reads 165°, 5-7 min per side. Let stand 5 min before slicing. Place greens on a serving plate; top with chicken, blueberries and mandarin oranges. Whisk vinaigrette again; drizzle over salad. Top with cheese.

I hope you are enjoying this handy calendar.

*If you would like to receive a
2027 calendar next year,
please call or email me.*

*My contact information is
on the business card attached above.*



Chicken, Rice and Beans

Ingredients

3 tsp chili powder, 1 tsp ground cumin, 1 tsp pepper, 1/4 tsp salt, 4 boneless skinless chicken breast halves (4 oz each), 2 tsp canola oil, 1 can (15 oz) black beans, rinsed and drained, 1 cup frozen corn, 1 cup salsa, 2 cups hot cooked brown rice, minced fresh cilantro, optional.

Instructions

In a small bowl, mix seasonings; sprinkle over both sides of chicken. In a large nonstick skillet, heat oil over medium heat. Brown chicken on both sides. Add beans, corn and salsa to skillet; cook, covered, 10-15 min or until a thermometer inserted in chicken reads 165°. Serve with rice and if desired, cilantro.

September 2026

7 Labour Day

30 National Day for Truth and Reconciliation (CA)

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Beef Patties with Gravy

Ingredients

1 large egg, room temperature, 2 green onions with tops, sliced, 1/4 cup seasoned bread crumbs, 1 tbsp prepared mustard, 1-1/2 lb ground beef, 1 jar (12 oz) beef gravy, 1/2 cup water, 2 to 3 tsp prepared horseradish, 1/2 lb fresh mushrooms, sliced, minced fresh parsley, optional.

Instructions

In a large bowl, beat the egg; stir in onions, bread crumbs and mustard. Add beef and mix lightly but thoroughly. Shape into four 1/2-in.-thick patties. In an ungreased skillet, cook patties until meat is no longer pink, 4-5 min on each side; drain. In a small bowl, combine gravy, water and horseradish; add mushrooms. Pour over patties. Cook, uncovered, until mushrooms are tender and heated through, about 5 min. If desired, sprinkle with parsley.

October 2026

12 Thanksgiving (CA), Columbus Day (US) 31 Halloween

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Honey Walleye

Ingredients

1 large egg, 2 tsp honey, 2 cups crushed Ritz crackers (about 45 to 50), 1/2 tsp salt
1-1/2 lb walleye fillets, 1/3 to 1/2 cup canola oil.
Optional: Minced fresh parsley and lemon wedges.

Instructions

In a shallow bowl, beat egg; add honey. In a shallow dish, combine crackers and salt. Dip fish in egg mixture, then in cracker mixture; turn until coated. In a cast-iron or other heavy skillet, cook fillets in oil over medium heat until golden and fish flakes easily with a fork, 3-5 min on each side. If desired, top with parsley and serve with lemon wedges.

November 2026

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

26 Thanksgiving (US)

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Lemon Basil Salmon

Ingredients

2 salmon fillets (5 oz each), 1 tbsp butter, melted, 1 tbsp minced fresh basil, 1 tbsp lemon juice, 1/8 tsp salt, 1/8 tsp pepper, Lemon wedges, optional.

Instructions

Prepare campfire or grill for medium heat. Place each fillet skin side down on a piece of heavy-duty foil (about 12 in. square). Mix melted butter, basil, lemon juice, salt and pepper; spoon over salmon. Fold foil around fish, sealing tightly. Cook on campfire or in covered grill until fish just begins to flake easily with a fork, 10-15 min. Open foil carefully to allow steam to escape. If desired, serve with lemon wedges.

December 2026

25 Christmas Day 26 Boxing Day (ON)

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2027

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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	Table- spoons	Tea- spoons
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