



2027
Tasty Dinner Recipes



Directions



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November 2026

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December 2026

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Easy Chicken Piccata

- 1 lemon
- 1 1/2 lb boneless, skinless chicken breasts
- 1 tsp salt, 1 tsp ground black pepper
- 1/3 cup all-purpose flour
- 3 tbsp butter, divided
- 2 tbsp canola oil
- 1 cup chicken broth or white wine, or a combination of both
- 2 tbsp capers, drained and rinsed



Slice the lemon in half, juice one half, then cut the other half into 1/8" slices and set aside.

Trim any excess fat from the chicken breasts and slice in half lengthwise to make two thin cutlets. Season both sides of the chicken breasts evenly with the kosher salt and freshly ground black pepper then dredge each breast in the flour, shaking off any excess.

Heat 2 tbsp butter with the canola oil in a large skillet over medium-high heat. Add 4 pieces of the chicken and cook for 2-3 min per side. Transfer to a platter or sheet pan and cover with foil. Continue with the remaining chicken.

Reduce the heat to medium and add the chicken broth or wine (or 1/2 cup of both) the lemon juice, sliced lemons, and the capers, scraping up the browned bits on the pan and cook for 2-3 min. Stir in the remaining 1 tbsp of butter until melted. Taste for seasoning and spoon the sauce over the chicken breasts. Serve with mashed potatoes or cauliflower, polenta, or noodles.

January 2027

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

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Ramen Noodles with Marinated Steak & Broccoli

1 1/2 lb hanger flap, or flank steak
Double recipe of asian master
sauce to make 1 1/2 cup
2 tbsp canola oil
3 packages ramen noodles
4 cups broccoli cut into florets
6 oz brown mushrooms sliced
1 tbsp cornstarch
Chopped green onion, cilantro or both

Add the steak to a zippered freezer bag with 3/4 cup of the marinade and let sit for at least 15 min up to overnight in the fridge. Heat a grill pan or large skillet over med-high heat with 1 tbsp of the oil until shimmering. Take the steak from the bag and pour off the marinade then add the steak to the pan and cook, turning once, until browned on both sides and cooked to med rare, about 8-12 min. Transfer the steak to a cutting board to rest and wipe out any burned bits from the pan, then reserve. Meanwhile, cook the ramen noodles, drain and set aside. In the reserved skillet warm the remaining tbsp of oil over med-high heat and add the mushrooms, then stir and cook for 3-4 min until they begin to soften. Add the broccoli with 1/2 cup of the master sauce and cook for about more 3-4 min. Mix the cornstarch in the remaining master sauce and add to the broccoli and mushrooms, cooking until the sauce thickens and the broccoli turns bright green. Remove from the heat and add the ramen noodles, tossing to coat. Slice the hanger steak into thin slices against the grain and add to the noodles and veg. Garnish with the green onion and cilantro and serve.



February 2027

14 Valentine's Day

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

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Broiled Miso Cod with Vegetables

1 lb cod filet
3 tbsp sugar, 1/4 cup water
2 tbsp vegetable oil, 1/2 tsp sesame oil
1/4 cup yellow miso paste
2 tbsp mirin or sake or mix of both
1 lb asparagus spears ends trimmed
1/2 lb shiitake mushrooms
Kosher salt
Freshly ground black pepper

Cut the cod into 3-4 equal pieces, rinse and pat dry. In a small sauce pan, combine the water and sugar and bring to a boil. Stir in the miso and mirin or sake. Place the pan back over med-high heat and stir until the sugar has dissolved. Remove from the heat and cool. Place the cod in a ceramic dish and coat with the miso glaze. Marinate the fish overnight, or for at least four hours.

Preheat the oven to 450 F. Line a sheet pan with aluminum foil. Wipe off the excess marinade from the fish (but do not rinse with water) and place skin-side down on the foil-lined pan.

Mix the vegetable oil and sesame oil together. Drizzle the asparagus spears and sliced mushrooms with sesame oil mixture and season with salt and pepper.

Toss to coat. Scatter the vegetables around the fish filets.

Cook the fish and vegetables for 10 min or until the fish has cooked through but is still flaky, and the vegetables are fork tender. Turn the oven to broil and cook an additional 2-3 min until golden in colour, watch to make sure they don't burn.



March 2027

17 St. Patrick's Day

26 Good Friday 28 Easter

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Teriyaki Tofu & Broccoli Stir Fry

14 oz block firm tofu
3 tbsp canola oil, divided
1 medium white onion, sliced thinly
2 broccoli crowns, chopped
1 cup of beans, thawed
1 cup sesame teriyaki stir fry sauce
4 cups cooked rice
1/4 cup chopped green onion
1/4 cup water. Sesame seeds



Start with draining the tofu: Place a folded paper towel on a plate under the tofu, then place another folded paper towel on top of the tofu. Place another plate on top of the tofu and weigh it down with a bowl filled with something heavy to express the liquid from the tofu. Let sit for 10 min, replacing the paper towels midway through draining. Slice the tofu into bite size pieces and set aside.

Heat a wok or non-stick skillet over high heat. Add 2 tbsp of canola oil to the wok. When the oil ripples, add the tofu. In batches, cook the tofu undisturbed for 3-4 min until it's crisp and golden underneath then carefully turn with tongs or chopsticks to brown the other side. Transfer the cooked tofu to a plate lined with paper towels.

Heat the remaining oil in the wok and add the onion. Stir fry for 2-3 min then add the broccoli and carefully pour in 1/4 cup water, watching so it doesn't splatter. Stir fry until the broccoli is crisp tender, 2-3 min. Pour in the teriyaki sauce, add the beans and tofu to the wok, and stir fry, cooking for 3-4 more min. Top with scallions and sesame seeds and serve over rice.

April 2027

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Gnocchi with Pomodoro Sauce

1/4 cup virgin olive oil, plus 1 tbsp
4 stems fresh Italian flat leaf parsley
4 stems fresh oregano, 2 stems rosemary
2 stems fresh basil (+2 for serving)
1/2 yellow onion, diced
3 cloves garlic, pressed or minced
28 oz can of tomatoes
Kosher salt and ground black pepper
Pinch of red pepper flakes
1/4 cup heavy cream, optional
1 lb package potato gnocchi, 8 oz cherry
size mozzarella balls, cut in half
1/2 cup freshly grated Parmesan cheese

Add 1/4 cup olive oil to a 10" high sided sauté pan or a saucepan over med heat. Add the parsley, oregano, rosemary and 2 stems of basil and cook for about 5 min or until the herbs become crisp. Remove the herbs and discard then add the onion and garlic to the oil, lowering the heat if needed so the onions cook gently and don't brown. Cook until the onions are transparent, about 5-7 min, then crush the tomatoes, add to the pan with juice. Season with salt, ground black pepper and red pepper flakes and simmer for 30-40 min or until the sauce reduces and thicken, stirring occasionally. Stir in the heavy cream and remove from the heat. Bring a saucepan of water to a boil and add the gnocchi. Season with salt and cook until the gnocchi float to the top of the boiling water. Drain and then place the gnocchi into the cooked sauce. Top with the halved mozzarella balls and sprinkle with Parmesan cheese then drizzle the tops of the gnocchi with the remaining olive oil. Broil for 5-8 min or until the cheese melts and the tops become crispy. Garnish with additional basil leaves and serve immediately.



May 2027

9 Mother's Day

24 Victoria Day (CA) 31 Memorial Day (US)

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Chipotle Lime Shrimp Bowls

For the shrimp:

1 lb large shrimp, deveined and peeled
3 tbsp canola oil, divided
3 tbsp fresh lime juice , divided
1-2 chipotle peppers in adobo sauce,
minced. 1 tsp adobo sauce
2 cloves garlic, pressed
2 tsp honey, 3/4 tsp ground cumin
1/2 tsp salt, 1/4 tsp cayenne pepper

For the bowls:

4 cups cooked brown rice
15.5 oz can black beans, drained,
warmed.
2 cups cherry tomatoes, sliced
1 large avocado, pitted and chopped
4 green onions, chopped
1/4 cup red onion, chopped
Fresh cilantro, Lime wedges



Place the shrimp in a bowl or gallon freezer bag, and add 2 tbsp of the oil, lime juice, chipotle peppers, adobe sauce, garlic, honey, salt, cumin, and pepper. Massage the ingredients into the shrimp and let the shrimp rest on the counter for 15 min.

Heat a large skillet over med-high heat. Add the remaining oil to the pan and swirl to coat. Spread the shrimp across the pan and discard any remaining marinade. Add the shrimp to the pan and cook for 1-2 min on each side or until they've turned lightly pink on the outside and the insides are turning white. Assemble the bowls with the rice, black beans, veggies and sprinkle with cilantro. Drizzle with more adobo sauce and a squeeze of lime if desired.

June 2027

18-19 Juneteenth (US) 20 Father's Day

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Parmesan Crusted Tilapia

4 (4oz) tilapia filets
3/4 cup freshly grated
Parmesan cheese
1/4 cup freshly shredded
Parmesan cheese
1/8 tsp kosher salt
1 tbsp lemon pepper seasoning
1 tbsp chopped fresh parsley
1 tbsp olive oil
1/4 cup diced green onions
1 lemon

Preheat oven to 400°F and line a baking sheet with foil. Drizzle the tilapia with olive oil.

Mix the grated Parmesan, lemon pepper, parsley, and salt together. Coat with the cheese mixture, pressing it in lightly with your fingers to make sure it sticks. Sprinkle lightly with the shredded Parmesan.

Bake in the preheated oven until the fish is opaque in the thickest part, about 10 min.

To brown further, broil for about 5 more min. until cheese crust is slightly crispy (watch carefully to make sure fish doesn't burn).

Top with green onions and serve and serve with lemon wedges, optional.



July 2027

1 Canada Day 4-5 Independence Day (US)

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Easy Chicken Marsala

3 boneless, skinless chicken breasts
1 tsp kosher salt, 1 tsp ground black pepper.
1/2 cup all-purpose flour
2 tbsp canola oil, 6 tbsp butter
2 cups brown mushrooms, quartered
2 tbsp shallots, finely chopped
3/4 cup marsala wine
3/4 cup chicken stock
2 tbsp parsley, finely chopped

Trim any excess fat from the chicken breasts and slice in half lengthwise. Season both sides of the chicken breasts evenly with 1/2 tsp salt and 1/2 tsp ground black pepper, then dredge each breast in the flour, shaking off any excess.

Heat 2 tbsp of the canola oil in a large skillet over med-high heat. Add 4 pieces of the chicken and cook for 2-3 min per side. Transfer to a platter or sheet pan and cover with foil. Continue with the remaining chicken and add the cooked chicken to the platter when done.

Melt 3 tbsp of the butter in the skillet and add the mushrooms and shallot. Sauté over med heat, stirring occasionally, until the shallots are wilted and the water from the mushrooms has evaporated, about 10 min. Add the marsala wine and the chicken stock. Bring to a boil and season with remaining 1/2 tsp of salt and black pepper. Stir in the remaining butter and cook over med heat until reduced by half. Add the chicken and simmer for 5 min. Sprinkle with parsley and serve with egg noodles, pasta, polenta, mashed potatoes, or over rice.



August 2027

2 Civic Holiday (CA)

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Broccoli Cheese & Potato Soup

- 1 tbsp butter
- 1 medium yellow onion, chopped
- 3 large white potatoes, cubed
- 4 cups chicken broth
- 1/2 tsp kosher salt
- 6 cups broccoli florets
- 3 cups whole milk
- 3 cups shredded cheddar cheese
- 2 tbsp flour
- 1 tsp freshly ground black pepper

Melt the butter in a large dutch oven over medium heat. Add the onion and cook for 4-5 min, until softened, stirring occasionally.

Add the cubed potatoes, chicken broth and the salt and bring to a boil, then reduce the heat to a rolling simmer and cook the potatoes for about 8 min or until soft and easily pierced with a fork. Whiz the potatoes and broth with an immersion blender to the consistency you desire, or mash with a potato masher.

Add the broccoli florets and the milk and bring to a boil, then reduce to a simmer, cooking for 5-7 min or until the broccoli is al denté.

Toss the cheese with the flour and add to the soup 1 cup at a time, stirring until melted before adding the next batch of cheese. Season with black pepper and more salt to taste.



I hope you are enjoying this handy calendar.

If you would like to receive a
2028 calendar next year,
please call or email me.

My contact information is
on the business card attached above.

Greek Chickpea Salad

15 oz can garbanzo beans,
rinsed and drained
1 English cucumber, halved and sliced
into coins
2 cups halved cherry tomatoes
3/4 cup pitted kalamata olives,
drained and halved
1/4 cup slivered red onion

6 oz feta cheese, crumbled
1/4 cup chopped fresh dill
1/3 cup extra virgin olive oil
2 tbsp red wine vinegar
1 tsp dried oregano
1 tsp kosher salt
1 tsp ground black pepper
1/2 tsp sugar, optional



In a large bowl, add the drained chickpeas, cucumber, tomatoes, kalamata olives, red onion, half of the feta cheese and the dill. Drizzle with the olive oil and vinegar then season with the kosher salt, freshly ground black pepper and sugar. Toss gently and add the rest of the feta cheese. Adjust seasoning and serve or refrigerate overnight.

September 2027

6 Labour Day

30 National Day for Truth and Reconciliation (CA)

SUN MON TUE WED THU FRI SAT

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Baked Salmon with Creme Fraiche

6 - 6 oz salmon filets
1/8 tsp kosher salt
1/8 tsp freshly ground black pepper
1 lemon, sliced
1/2 cup white wine

8 oz creme fraiche or mix 3 parts sour cream and 1 part plain yogurt.
2 tbsp minced shallot
2 tbsp fresh dill



Preheat the oven to 425°F.

Season the salmon with the salt and pepper. Place the salmon, skin side down, in a baking dish or on a high-rimmed baking sheet. Top the salmon with the lemon slices and add the wine to the dish or baking sheet.

Bake until the salmon is cooked through, about 12-15 min.

In a medium bowl, mix the creme fraiche, minced shallot, and dill. Spoon over each of the salmon filets and serve.

October 2027

11 Thanksgiving (CA), Columbus Day (US)

31 Halloween

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Just Like Taco Bell Tacos

1 lb 85% lean ground beef
1/2 white onion, diced
2 cloves garlic, pressed or minced
2 tsp chili powder, 1 tsp garlic salt
2 tsp cumin, 1 tsp salt, 1 tsp pepper
2 cups tomato juice
1/4 cup yellow cornmeal
12 taco shells
2 cups cheddar cheese , shredded



Add the ground beef to a large skillet over med-high heat and cook until browned, about 10 min, breaking into small pieces as it browns.

Add the onion and garlic and sauté until the beef is well browned and the onion is translucent.

Add the cumin, chili powder, garlic salt, kosher salt, and black pepper and cook for another 1-2 min, stirring often.

Stir in the tomato juice and cornmeal and simmer for 10-15 min or until the juice has cooked down and the cornmeal softens, stirring occasionally. Add more tomato juice or water if the mixture clumps.

Place the taco shells on a sheet pan or in a baking dish and spoon about 1/3 cup taco meat into each shell and sprinkle with cheddar cheese. Broil in a toaster oven or oven until the cheese melts.

Garnish the tacos with fixings and serve.

November 2027

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

25 Thanksgiving (US)

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Baked Chicken Parmesan

- 3 boneless skinless chicken breasts
- 1 cup seasoned Italian bread crumbs
- 1/2 cup grated Parmesan cheese
- 1 tsp garlic powder
- 1/2 tsp salt, 1/2 tsp black pepper
- 1/4 tsp ground paprika
- 1/3 cup mayonnaise
- 2 cups marinara sauce
- 2 cups shredded mozzarella



Preheat the oven to 400°F. In a large shallow bowl or on a large plate, combine the breadcrumbs, Parmesan cheese, garlic powder, salt, pepper, and paprika. Set aside.

Use a thin, sharp knife to slice each chicken breast in half lengthwise to create two thin fillets. Place the chicken breasts between two pieces of plastic wrap on a cutting board, and gently pound to about 3/8-inch with a meat tenderizer.

Brush both sides of the chicken fillets with mayonnaise to evenly coat. Dredge each of the chicken fillets in the breadcrumb mixture and place on a baking sheet sprayed with cooking spray.

Bake for 17-20 min or until cooked through and the outsides are golden and crispy.

Top each cutlet with a dollop of marinara and shredded cheese and return to the oven. Cook until the cheese is melted, about 2 min. Serve with spaghetti, angel hair, or fettuccine noodles.

December 2027

25,27 Christmas Day 26,28 Boxing Day (ON)

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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