



Tasty Dinner
RECIPES



2022

DIRECTIONS



1.

Fold the page at perforation line.

2.

Carefully tear along the perforation to reveal next page.

NOVEMBER 2021

SUN	MON	TUE	WED	THU	FRI	SAT
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30				

DECEMBER 2021

SUN	MON	TUE	WED	THU	FRI	SAT
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	

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.



JANUARY 2022

1 New Year's Day

SUN	MON	TUE	WED	THU	FRI	SAT
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31					



Chicken Scampi Pasta

- Kosher salt
- 1 lb sliced chicken cutlets, cut into 1/2" thick strips
- 3 tbsp olive oil
- 8 tbsp unsalted butter
- 6 cloves garlic, sliced
- 1/2 tsp crushed red pepper flakes
- 1/2 cup dry white wine
- 12 oz angel hair pasta
- 1 tsp lemon zest plus the juice of 1 large lemon
- 1/2 cup grated Parmesan
- 1/2 cup chopped Italian parsley

Bring a pot of salted water to a boil for the pasta. Sprinkle the chicken with salt. Heat a large skillet over medium-high heat until hot, then add the oil. Working in 2 batches, brown the chicken until golden but not cooked through, 2-3 min. / batch. Remove the chicken to a plate.

Melt 4 tbsp of the butter in the skillet. Add the garlic and red pepper flakes and cook until the garlic just begins to turn golden at the edges, 30 sec-1 min. Add the wine, bring to a simmer and cook until reduced by half, about 2 min. Remove from the heat.

Meanwhile, cook the pasta until very al dente, reserving 1 cup of the pasta water. Add the pasta, 3/4 cup pasta water, chicken, lemon zest, juice and the remaining 4 tbsp butter to the skillet. Return the skillet to medium-low heat and gently stir the pasta until the butter is melted, adding the remaining 1/4 pasta water if the pasta is too dry. Remove the skillet from the heat, sprinkle with the grated cheese and parsley and toss before serving.



FEBRUARY 2022

14 Valentine's Day **21** Family Day (BC, AB, SK, ON, NB)
21 Islanders Day (PEI) Louis Riel Day (MB) Heritage Day (NS)

SUN	MON	TUE	WED	THU	FRI	SAT
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28					



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.



MARCH 2022

14 St. Patrick's Day (NL) 17 St. Patrick's Day

SUN	MON	TUE	WED	THU	FRI	SAT
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31		



Chicken Stir-Fry

- 2 tbsp dark sesame oil, divided
- 2 garlic cloves, finely minced
- 2 lbs chicken breasts, skinless and boneless
- 1 head broccoli, stems removed
- 1 dozen mushrooms, sliced
- 3 carrots, peeled and julienned
- 1/4 lb green beans, diced
- 1 head bok choy, chopped
- 2-3 tbsp teriyaki sauce

Heat 1 tbsp oil in a saute pan over medium heat. Add garlic and stir. Place the chicken in the pan and brown 4 min on each side. Remove from pan, slice into strips, set aside.

Heat remaining tbsp of oil in a wok over high heat. Add the vegetables and teriyaki sauce. Stir-fry quickly until the vegetables begin to soften. Add the chicken strips, combine well and continue to cook for 2-3 min. Serve immediately.



APRIL 2022

15 Good Friday **18** Easter Monday (QC, NT, NU,NB)

SUN	MON	TUE	WED	THU	FRI	SAT
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30



Convenience Caesar

- 1/3 cup olive oil
- One 15-oz can chickpeas, drained and rinsed
- 1 tsp chili powder
- 1/2 tsp garlic powder
- 1/2 tsp kosher salt
- 1/2 tsp freshly ground black pepper
- One 32-oz bag chopped romaine (6 to 7 cups)
- 1 cup Caesar dressing
- 3 tbsp pesto
- 1/2 tsp chili powder
- Parmesan, for shaving
- Fresh parsley leaves

Heat the olive oil in a pan over medium heat. Add the chickpeas and season with the chili powder, garlic powder, salt and pepper and cook, shaking the pan occasionally, until crisp, about 12 min.

For the dressing: Add the Caesar dressing to a bowl. Stir in the pesto, black pepper to taste and chili powder. Set aside.

Add the romaine to a large bowl. Add the dressing and toss to coat. Place on a platter, then drain the chickpeas on a paper towel-lined plate. Sprinkle the crispy chickpeas over the salad while they are still hot. Shave over the Parmesan and scatter the parsley leaves, then enjoy.



MAY 2022

8 Mother's Day 23 Victoria Day

SUN	MON	TUE	WED	THU	FRI	SAT
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				



Ravioli with Lemon, Peas and Pancetta

- Kosher salt
- 2 oz thinly sliced pancetta (8 to 10 slices)
- 2 (10-oz) packages spinach-ricotta ravioli
- 6 tbsp unsalted butter
- 2 tsp finely grated lemon zest, plus 1 tsp lemon juice
- 1 cup frozen peas, thawed
- 1/4 cup grated pecorino-romano cheese, plus more for topping
- Freshly ground pepper
- Chopped fresh basil, for topping

Bring a large pot of salted water to a boil. Meanwhile, cook the pancetta in a large nonstick skillet over medium-high heat, turning, until browned and crisp, 8-10 min. Remove to a paper towel-lined plate and wipe out the skillet.

Add the ravioli to the boiling water and cook as the label directs. Reserve 1/2 cup cooking water, then drain gently.

Combine the butter, lemon zest and juice in the reserved skillet over medium heat. Add the peas, ravioli and 1/4 cup of the cooking water; toss to coat. Stir in the pecorino and toss. Season with salt, pepper. Add more cooking water, 1 tbsp at a time, to loosen.

Divide the ravioli, peas and any sauce among shallow bowls. Sprinkle with more pecorino. Crumble the pancetta and scatter over the ravioli. Top with basil.



JUNE 2022

19 Father's Day

21 Indigenous Peoples Day (NT, YT) **24** St. Jean Baptiste Day (QC)

SUN	MON	TUE	WED	THU	FRI	SAT
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30		



Grilled Steak with Greek Corn Salad

- 3 tbsp extra-virgin olive oil
- 2 tbsp red wine vinegar
- 2 tbsp chopped fresh oregano and/or mint
- 1 tsp honey
- Salt and ground pepper
- 1 English cucumber, peeled and chopped
- 1 pint grape or cherry tomatoes, halved
- 1 small red onion, diced
- 1/2 cup crumbled feta cheese (about 4 oz.)
- 1/3 cup sliced green olives
- 2 ears of corn, shucked
- 1 1/4 lbs cube steaks

Preheat a grill to high. Whisk the olive oil, vinegar, herbs, honey, 3/4 tsp salt and a bit of pepper in a medium bowl. Remove 2 tbsp of the vinaigrette to a large bowl; set aside. Add the cucumber, tomatoes, red onion, feta and olives to the bowl with the remaining vinaigrette; toss to coat.

Grill the corn, turning occasionally, until charred in spots, about 8 min; remove to a cutting board. Meanwhile, season the steaks with salt and pepper. Working in batches if necessary, grill the steaks until the edges start browning, about 2 min. Flip and cook until browned on the other side, about 30 sec. Transfer to the bowl with the reserved vinaigrette; toss to coat.

Cut off the corn kernels and add to the salad. Serve the steak with the corn salad.



JULY 2022

1 Canada Day

SUN	MON	TUE	WED	THU	FRI	SAT
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
31						



Barbecued Chinese Chicken Lettuce Wraps

- 2 cups, shiitake mushrooms
- 1 1/3 to 1 1/2 lbs thin cut chicken breast
- 2 tbsp light colored oil, such as vegetable oil or peanut oil
- Coarse salt and coarse black pepper
- 3 cloves garlic, chopped
- 1" ginger root, finely chopped or grated, optional
- 1 orange, zested
- 1/2 red bell pepper, diced small
- 6-8 oz, sliced water chestnuts, drained and chopped
- 3 scallions, 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.



AUGUST 2022

1 Civic Holiday

SUN	MON	TUE	WED	THU	FRI	SAT
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			



Crispy Italian Wrap

- One 12-inch flour tortilla
- 1 tbsp prepared pesto
- 1 tbsp grated Parmesan
- 1/4 cup baby spinach
- 1 tbsp sliced pepperoncini peppers
- 1 tbsp sliced green olives
- 1 heaping tbsp marinara
- 3 frozen store-bought meatballs, thawed and halved
- 1/4 cup grated mozzarella
- 2 tbsp salted butter

Cut a straight line from the center of the tortilla to the bottom edge. Imagine the tortilla in four quadrants. Spread the pesto on the lower left quadrant, then sprinkle over the Parmesan. Lay the spinach on the upper left quadrant and top with the pepperoncini peppers and olives. Spread the marinara in the upper right quadrant and top with the meatball halves. Sprinkle the mozzarella on the final quadrant.

Fold the pesto quadrant onto the spinach quadrant. Fold the double layer onto the meatball quadrant, then fold onto the quadrant with the mozzarella so that you are left with a triangle.

Heat the butter in a nonstick skillet over a medium heat. When the butter has melted, add the tortilla and cook until golden and crisp on the outside, 2-3 min. per side. Remove from the skillet and enjoy.



I hope you are enjoying this handy calendar.

If you would like to receive a
2023 calendar next year,
please call or email me.

My contact information is
on the business card attached above.

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 eggs
- 1/2 cup water
- 1 cup dried Italian bread crumbs
- 1/2 cup cornmeal
- 1/4 cup grated Parmesan
- 2 eggplants
- 1 cup shredded mozzarella cheese
- 2 tbsp chopped parsley leaves, for garnish

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 degrees 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.



SEPTEMBER 2022

5 Labour Day

SUN	MON	TUE	WED	THU	FRI	SAT
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	



Instant Pot Salmon with Garlic Potatoes and Greens

- 1 1/4 lb small red-skinned potatoes, halved or quartered
- 4 tbsp unsalted butter
- Salt, ground pepper
- Four 5-6 oz skin-on center cut salmon fillets
- 1/4 tsp paprika
- 1/2 tsp grated lemon zest, plus lemon wedges for serving
- 4 cloves garlic, minced
- 4 cups packed mixed baby spinach and arugula

Put the potatoes in the bottom of an Instant Pot. Add 1 cup water, 2 tbsp butter, 1/2 tsp salt and a few grinds of pepper. Place the pot's steam rack over the potatoes.

Rub the top and sides of the salmon fillets with the paprika and lemon zest and season generously with salt and pepper. Place skin-side down on the rack. Put on the lid, making sure the steam valve is in the sealing position, and set the cooker to high pressure for 3 min. When finished, carefully turn the steam valve to the venting position to release the pressure.

Remove the salmon and rack and set the cooker to saute at normal heat. When the potatoes start sizzling, add the garlic and cook, stirring, until softened, 1-2 min; stir in the remaining 2 tbsp butter and season with salt and pepper. Smash the potatoes with a fork until chunky.

Turn off the cooker. Add the mixed greens to the potatoes and stir until wilted, 1-2 min. Season with salt and pepper. Serve with lemon wedges.



OCTOBER 2022

10 Thanksgiving 31 Halloween

SUN	MON	TUE	WED	THU	FRI	SAT
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31					



Turkey Pad Thai

- 1/4 cup boiling water
- 1/4 cup brown sugar
- 2 limes, 1 juiced and 1 cut into wedges for serving
- 1/4 cup fish sauce
- 2 tbsp rice vinegar
- 1 tbsp sriracha hot sauce
- 1 1/2 cups cut cooked turkey
- 8 oz linguini, broken in half
- 2 tbsp vegetable oil
- 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.



NOVEMBER 2022

11 Remembrance Day

SUN	MON	TUE	WED	THU	FRI	SAT
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30			



Escarole and Bean Soup

- 2 tbsp olive oil
- 2 garlic cloves, chopped
- 1 lb escarole, chopped
- Salt
- 4 cups low-salt chicken broth
- 1 (15-oz) can cannellini beans, drained and rinsed
- 1-oz piece Parmesan
- Freshly ground black pepper
- 6 tsp extra-virgin olive oil
- Serving suggestion: crusty bread

Heat 2 tbsp of olive oil in a heavy large pot over medium heat. Add the garlic and saute until fragrant, about 15 sec. Add the escarole and saute until wilted, about 2 min. Add a pinch of salt. Add the chicken broth, beans, and Parmesan cheese. Cover and simmer until the beans are heated through, about 5 min. Season with salt and pepper, to taste.

Ladle the soup into 6 bowls. Drizzle 1 tsp extra-virgin olive oil over each. Serve with crusty bread.



DECEMBER 2022

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

SUN	MON	TUE	WED	THU	FRI	SAT
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31



2023

JANUARY

S	M	T	W	T	F	S
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

FEBRUARY

S	M	T	W	T	F	S
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28				

MARCH

S	M	T	W	T	F	S
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	

APRIL

S	M	T	W	T	F	S
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30						

MAY

S	M	T	W	T	F	S
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			

JUNE

S	M	T	W	T	F	S
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	

JULY

S	M	T	W	T	F	S
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31					

AUGUST

S	M	T	W	T	F	S
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31		

SEPTEMBER

S	M	T	W	T	F	S
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30						

OCTOBER

S	M	T	W	T	F	S
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

NOVEMBER

S	M	T	W	T	F	S
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30		

DECEMBER

S	M	T	W	T	F	S
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31					

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

Printed in Canada



TORONTO
RushPrinting.com


905
905printing.com