

# January 2025

## Mexican Ground Beef

Submitted by: Christine Gray, IT Services

### Ingredients:

- 2 lbs lean ground beef
- 1 can (540 mL) black beans, rinsed
- 1 pack (24 g) taco seasoning
- 1 can (796 mL) diced tomatoes, drained
- 1 ½ cups corn (peaches and cream)

### Directions:

1. Cook onions and brown ground beef and drain grease.
2. Add taco seasoning (just the seasoning, don't add water).
3. Add diced tomatoes, black beans and corn.
4. Simmer for 20 mins. Serve and Enjoy!

### Serving Options:

1. Add to wraps with cheese and white rice to make burritos.
2. Add to salad and enjoy a taco type salad.
3. Top with cheese to eat a chili-like meal.
4. Leftovers are great on nachos!

Photo credit below: Isabel Savransky, Office of Campus Infrastructure and Sustainability



# January 2025



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1 New Year's Day	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22 Let's Talk Day	23	24	25
26	27	28	29	30	31	

# February 2025

## Lentil Salad with Cherry Tomatoes and Feta

Submitted by: Jocelyne Pelletier, Student Life

### Ingredients:

- 2 cups cooked lentils
- Cucumber cubed
- 1 minced clove of garlic
- Olive oil
- 1 freshly squeezed lemon
- Cherry tomatoes, sliced
- Finely chopped dill
- Crumbled feta cheese (to your liking)
- Red onion, thinly sliced
- Salt and pepper, to taste

### Instructions:

- In a small bowl, combine the freshly squeezed lemon juice, olive oil, minced garlic, and salt and pepper. Set aside.
- In a large mixing bowl, combine the cooled cooked lentils, sliced cherry tomatoes, cubed cucumber, and thinly sliced red onion.
- Add the finely chopped dill and crumbled feta cheese to the bowl.
- Pour the lemon juice and olive oil dressing over the salad ingredients in mixing bowl.
- Stir well to combine all the ingredients thoroughly.
- Chill the lentil salad in the refrigerator for at least 30 minutes before serving to allow the flavors to meld.
- Serve chilled and enjoy your refreshing and nutritious lentil salad!

Photo credit below: Christine Miller, Faculty of Business and Information Technology





# February 2025



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						1 Start of Health Month
2	3	4	5	6	7	8
9	10	11	12	13	14 Valentine's Day	15
16	17 Family Day	18	19	20	21	22
23	24	25	26	27	28	

# March 2025

**Hearty Minestrone Soup – 45 mins cook time**

**Submitted by: Wendy Young, IT Services**

**Ingredients:**

- 4 x carrots diced or if small, cut into rounds
- 2 stalks of diced celery
- 1 medium onion – chopped
- 1 cup green beans, cut into bitesize pieces
- 1 cup cabbage – chopped to smaller ¼ inch pieces
- 1 large white potato cut into small chunks
- 1 can of white (or red) kidney or cannellini beans
- 1 cup of smaller-sized pasta noodles
- ¾ of a 945ml bottle of Garden Cocktail (V8 low sodium works well)
- 1 box of veggie or chicken broth
- 1 cup of water (more later if needed)
- 1½ cup/456 ml canned diced tomatoes
- 1 cup of cooked ground beef (or leave out for vegetarian style)
- dash of Worcestershire sauce
- ½ teaspoon of oregano
- salt and pepper to taste
- 1 cup of smaller sized pasta noodles

**Instructions:**

- Add a small amount of olive oil to large stock pot and heat on med-low. Add in ground beef, carrots, celery onion, spices and a dash of Worcestershire sauce then cook on low for three minutes.
- Add in all other vegetables, Garden Cocktail and broth – bring to a low boil and cook for 15 mins.
- Add in potato, green beans, cabbage and kidney beans and cook on a medium boil for 10-15 minutes partially cover with a lid. Ensure all vegetables are well covered with liquid, here is where you would add more water/garden cocktail or broth if necessary to taste and if you do add you will need to adjust the temperature to bring it back to a medium boil.

Add in pasta noodles – ensure boiling and cook for a further 10 minutes or until pasta is al dente. Add baby spinach or kale at the very end if you choose.

Feel free to add other vegetables, just be mindful of their cooking times. Serve with a nice baguette and a sprinkle of parmesan, enjoy!

Photo credit below: Samantha Rideout, Office of the Registrar





# March 2025



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						1 First Day of Ramadan
2	3	4	5	6	7	8 International Women's Day
9 Daylight-Saving Begins	10	11	12	13	14	15
16	17 St. Patrick's Day	18	19	20 First Day of Spring	21	22
23	24	25	26	27	28	29
30	31					

# April 2025

## Chicken & Apple Salad

Submitted by: Jenn Tesluk, Library

### Ingredients

- Dressing
- 2 tablespoons of mayo
- Salt and pepper to taste
- 1/2 a red onion, diced
- 1/3 cup of plain yogurt

### Salad

- 1/4 cup of dried cranberries or raisins
- 1/2 of sunflower seeds or walnuts, if using walnuts, chopped
- 1 large apple of your choice (tart is best, but use what you have!), chopped
- 1 cup of cold, cooked chicken (thighs or breast, it's up to you – if you use a rotisserie chicken, leave the skin off), diced

### Instructions

- Dressing: Combine the red onion and mayo. Allow it to sit for about 5-10 minutes.
- Add the yogurt, salt and pepper.
- Salad: Combine the salad ingredients, drizzle the dressing over, and toss to evenly coat. Serve immediately. Best eaten cold!

**Note:** In place of sunflower seeds or walnuts, try almonds or pine nuts. In place of cranberries or raisins, try chopped, dried figs.

Photo credit below: Stephen De Wit, Faculty of Health Sciences





# April 2025



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1	2	3	4	5
6	7	8	9	10	11 National Pet Day	12
13	14	15	16	17	18 Good Friday	19
20	21	22 Earth Day	23 Administrative Professionals Day	24	25	26
27	28	29	30			



# May 2025

## Mulligatawny Soup

Submitted by: Lia Van Wees

### Ingredients:

- 6 cups low-sodium chicken stock
- 550g / 3 medium potatoes, chopped
- 3 stalks celery, chopped
- 454g / 1 medium eggplant, peeled and diced
- 134g / 1 cup frozen yellow corn
- 124g / ½ cup tomato sauce
- 58g / ½ cup shelled pistachios
- 56g / ½ cup roasted cashews
- ½ cup chopped fresh Italian parsley
- ¼ cup lemon juice
- 4 tablespoons butter
- 28g / 3 tablespoons sugar
- ½ teaspoon curry powder
- ½ teaspoon pepper
- ½ teaspoon sea salt
- ¼ teaspoon thyme
- 1 bay leaf
- 16 cups (4 quarts) water

### Instructions:

- Combine all ingredients in a large stockpot. Bring to a boil over high heat.
- If you have a large enough pot, add all of the water. If your pot is not large enough (and most aren't), add whatever you can until there is about three inches of empty space on the pot for the soup to boil. Add any remaining water as the soup reduces. I highly recommend writing down how much you've added on a piece of scrap paper as you go so that you don't forget.
- Reduce heat to medium and boil for 2 to 3 hours until soup has reduced significantly. Stir occasionally in the first few hours and frequently during the last hour. The edges of the potatoes will become rounded and the nuts will become soft and chewy. The soup will thicken and should have the consistency of chili.
- Remove bay leaf. Serve hot. Keeps for up to a week in the fridge.

Photo credit below: Anita Krupa, Human Resources





# May 2025



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				1	2	3
4	5	6	7	8	9	10
11 Mother's Day	12	13	14	15	16	17
18	19 Victoria Day	20	21	22	23	24
25 Start of National AccessAbility Week (NAAW)	26	27	28	29	30	31



# June 2025

## Crab Cakes

**Submitted by: Catie Sahadath, Library**

### Ingredients:

- 2 tbsp super finely chopped onion (red, white, whatever you have)
- 5oz fresh crab meat, chopped (can replace with 1 can salmon, or 5oz any other fresh seafood)
- 1/3 cup mashed sweet potato (can replace with 1/3 cup mashed potato)
- 3/4 cups quick oats
- 2 tsp Italian seasoning
- 3 hearty shakes of Tajin seasoning
- Juice from 1/3 of a lemon

### Instructions:

- Mix all ingredients in a bowl until well combined
- Use a 1/3c measuring cup to scoop out the mixture; form into balls, then press down to create a patty shape
- Heat 1tbsp cooking oil (EVOO, vegetable oil, whatever) in a frying pan over medium heat
- Cook the patties in the pan for 3-4 minutes per side, or until cooked through.
- Remove from pan and place on a paper towel to absorb any excess oil.
- Serve with tartar sauce, or if you're lazy like us, just serve with some plain yogurt + lemon juice.
- Pro tip: Leftover crab cakes are great on salads!

Photo credit below: Cheryl Lumley, OCIS





# June 2025

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15 Father's Day	16	17	18	19	20 First Day of Summer	21
22	23 Start of People, Places and Pets Photo Contest	24	25	26	27	28
29	30					



# July 2025

## Poached Whitefish

Submitted by: Jenn Topping, Human Resources

### Ingredients:

- Fish fillets (4)
- Can of diced (herbed) tomatoes
- 1 medium zucchini
- 1 package sliced cremini mushrooms
- Broccoli florets
- Salt/Pepper (to taste)

### Instructions:

- Add the can of tomatoes to a large frying pan
- bring to a boil and reduce heat to medium
- Put the fish fillets in the pan and season them
- Cover for 3 minutes
- Flip the fish and add the vegetables
- Cover for 3 minutes
- Serve!

Photo credit below: Samantha Woitzik, Human Resources





# July 2025



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1 Canada Day	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 2025

## Cuban-Style Yuca

**Submitted by: Jennifer Topping, Human Resources**

### **Ingredients:**

- **2 lbs yuca peeled and sliced lengthwise**
- **¼ cup avocado oil or olive oil**
- **½ cooking onion diced**
- **4 cloves garlic minced**
- **½ teaspoon lemon juice**
- **salt/pepper (to taste)**

### **To prepare:**

- **Place yuca into a pan and fill with enough water to cover. Stir in salt. Bring to a boil over medium-high heat, cover, and cook until tender, about 15 minutes. Drain; place yuca on a serving plate.**
- **Meanwhile, place olive oil, onion, garlic, and lemon juice into a pan. Cook over medium heat for about 5 minutes.**
- **Pour the hot olive oil mixture over the yuca; serve immediately.**

**Photo credit below: Tracy Castano, Office of the Registrar**



# August 2025



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					1	2
3	4 Civic Holiday	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 2025

## Vegetarian Sushi Bowl

Serves 4

### Ingredients:

- 1 cup (dry) rice of choice
- 2 cups water
- 400- 450g firm or extra firm tofu
- 2 medium sized carrots
- ½ of a cucumber
- 1-2 cups shelled edamame
- 1-2 avocados
- 1 tbsp sesame oil or other cooking oil
- 4 tsp soy sauce or tamari sauce (divided)
- 6 tbsp rice vinegar (divided)
- 2 tbsp honey (divided)
- Spicy mayonnaise or aioli (or make your own using mayonnaise and hot sauce of choice)
- 1-2 Nori (seaweed) sheets
- White sesame seeds (optional)

1. Cook rice in a rice cooker or as directed on package.
2. Cut the tofu into cubes.
3. Add the cooking oil, 2 tsp soy sauce, 2 tbsp of rice vinegar, and 1 tbsp of honey to a pan over medium-high heat. Add the tofu and cook 5-7 minutes until crispy and golden.
4. While tofu cooks, combine 2 tsp soy sauce, 4 tbsp rice vinegar, and 1 tbsp honey to a small saucepan over low-medium heat. Stir the mixture until the honey dissolves, then remove from heat and add to the cooked rice.
5. Peel and cut the carrots into ribbons or sticks (use a mandolin if available).
6. Cut the cucumber into matchsticks (use a mandolin if available).

Photo credit below: Andrew Lee, Human Resources





# September 2025

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1 Labour Day	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22 First Day of Fall	23 First Day of Rosh Hashanah	24	25	26	27
28	29	30				

# October 2025

Chocolatey Sweet Potato Brownies -12 Servings, 1 hr 10 min

Submitted by: Amy Windsor

## Ingredients

- 1 cup – Sweet Potato (Puree – see instructions as this is step 1)
- 1/3 cup Maple Syrup
- 1/2 cup Almond Butter
- 1 tsp - Vanilla Extract (pure)
- 1 ½ tbsp – Avocado Oil (melted vegan butter can be substituted)
- ½ cup Cocoa Powder (or Cacao Powder)
- ¼ tsp – Sea Salt
- 1 tsp Baking Powder
- 2/3 cup Oat Flour (use GF all purpose)
- ½ cup Pecans (raw, chopped, can substitute with walnuts)
- ¼ cup – Dark Chocolate Chips (dairy free)

## Directions

1. Cooking time for sweet potato – 30 min, prep time – 10 min, cooking time for brownies 30 min

2. Make sweet potato puree by cutting a sweet potato in half, lengthwise. Brush cut sides with avocado oil. Add to a parchment lined baking sheet and bake at 375 F for 25 – 30 minutes. Puncture with fork to test tenderness. Should be very soft. Let potatoes cool then peel skin. Mash potato to a smooth consistency in a bowl or food processor. Place off to the side to be used later.

3. Set new oven temperature to 350F. Line a baking pan or glass dish (8x8 inch) with parchment paper. Parchment paper can be crumpled up and run lightly under water, shake off excess water. This makes lining the pan easier

4. Wet ingredients – add sweet potato puree, maple syrup, almond butter, vanilla extract, and avocado oil to mixing bowl and stir to combine

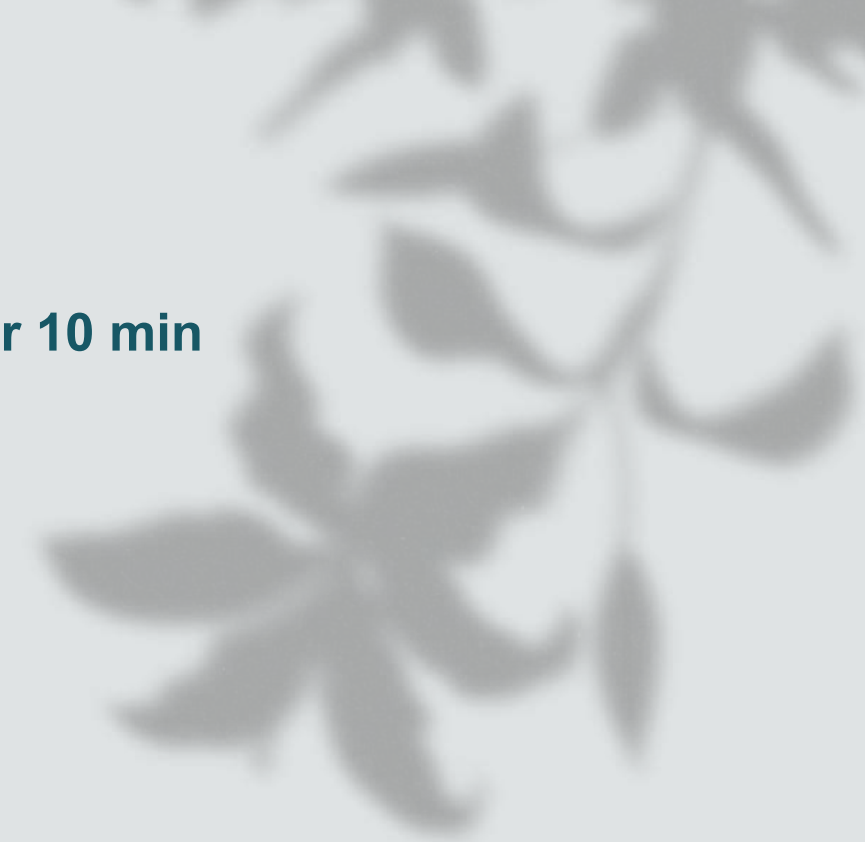
5. Dry ingredients and stir to combine. Then add oat flavour and stir to combine. You are looking for a thick, smooth batter.

6. Add ¼ cup of chopped pecans to batter and stir to combine.

7. Pour batter into parchment lined baking dish and spread evenly using a spatula. Top with remaining ¼ cup pecans and ¼ cup chocolate chips.

8. Bake at 350 F for 28-32 min on center oven rack. Insert a toothpick into the center to test for doneness. Toothpick should come out clean. May need additional 2-4 minutes depending on oven. Brownies should not be too gooey. Remove from oven and let cool in pan.

Photo credit below: Jennifer Kessell, Business and Information Technology





# October 2025

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1 Start of Disability Employment Awareness Month	2	3	4
5	6	7	8	9	10	11
12	13 Thanksgiving	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31 Halloween and Health, Safety and Wellness Fair	



# November 2025

## Tomato Cucumber Salad

### Ingredients:

- 9 Roma tomatoes
- 2 English cucumbers
- 3 jalapenos
- 3 oz or so of Feta (crumbled)
- A palm full of Italian seasoning
- Pepper (to taste)
- Que Pasa Thin and Crispy tortilla chips

### To Prepare:

- Dice small the tomatoes, cucumbers and jalapenos and combine them
- Add feta, Italian seasoning, and pepper
- Stir to combine
- Serve cold with tortilla chips for dipping or as a side salad

Photo below: Lana Pickering, Office of Associate Provost



# November 2025

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						1
2 Daylight-Saving Time Ends	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 2025

## Gluten-Free Oatmeal Chocolate Chip Cookies

Submitted by: Sarah Thrush, Office of Planning and Analysis

- Place the softened butter, coconut oil, brown sugar and white sugar in a bowl. **MIX** until light in color, 1-2 minutes
- Add the eggs and vanilla and **BEAT** until light and fluffy, another 1-2 minutes.
- Scoop out the **DRY INGREDIENTS** (gluten-free flour, almond flour, baking soda and salt) and mix until incorporated.
- Add the gluten-free oats, chocolate chips and coconut. **STIR** or mix until combined.
- Refrigerate the dough for 1 hour. Then **SCOOP** out the cookie dough onto a lined baking sheet.
- **BAKE** the cookies for 11-13 minutes. Let them cool on the baking sheet for 3-5 minutes then transfer to a wire rack. Enjoy warm, freshly baked gluten-free oatmeal chocolate chip cookies

Photo credit below: Jennifer Kessell, Business and Information Technology





# December 2025



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21 First Day of Winter	22	23	24 Christmas Eve	25 Christmas Day	26 Boxing Day	27
28	29	30	31 New Year's Eve			