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Zucchini Spears with Zesty Tomato Sauce

by Jennifer Puri

Zucchini is a green, oblong squash that is typically served in savoury dishes. It has a mild taste and the smaller to medium-sized zucchinis have the best flavour.

Low in calories but high in fibre, zucchini contains more potassium than a banana. Loaded with vitamins, minerals, and antioxidants, zucchini is good for the digestive system and eye health.

Zucchini can be eaten raw in a salad or with a dip, but it can also be steamed, sautéed, added to breads, muffins, and pancakes, stuffed with rice and meats, or spiralized into zucchini noodles.

Baked zucchini with herbs and parmesan cheese is a quick and easy side dish, as shown in the zucchini spears with zesty tomato sauce recipe below.

Prep Time: 20 minutes Cook Time: 15 minutes Servings: 4

Ingredients:

- 4 medium-sized zucchinis
- 2 tbsp. olive oil
- 2 tbsp. fresh oregano
- 1 cup finely crushed breadcrumbs
- 1 cup shaved or grated parmesan cheese
- ¹/₂ tsp. salt
- 1/2 tsp. ground black pepper
- 1 tsp. red chilli flakes (optional)

Tomato Sauce

- 1 small can (398 ml) tomato sauce
- 2 cloves garlic, finely chopped
- 8 cherry tomatoes halved
- 2 tbsp. olive oil
- 2 tbsp. oregano
- 1 tsp. sugar
- Salt and pepper to taste

Directions:

- 1. Preheat oven to 450 degrees Fahrenheit.
- 2. Rinse the zucchini and pat dry with a paper towel. Place the zucchini on a cutting board, trim the ends off, and then slice into four pieces lengthwise.

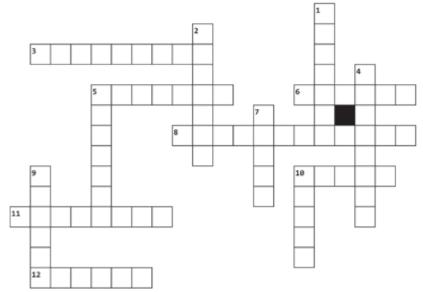


- 3. Place the zucchini spears on a foil-lined baking sheet, drizzle with olive oil, and then sprinkle with salt, pepper, and oregano. Next sprinkle the breadcrumbs evenly over the zucchini followed by the parmesan cheese and red chilli flakes if using.
- 4. Place the zucchini on the middle rack of the oven and bake for 12 minutes uncovered. Make sure not to overcook the zucchini as it will turn mushy.
- 5. To make the tomato sauce add olive oil to a small pan over medium heat. Add the chopped garlic and sauté for about a minute, then add the cherry tomatoes and oregano. Sauté for another couple of minutes and then add the tomato sauce, salt, pepper, and the sugar. Simmer until the sauce starts to thicken and then remove from heat.

To serve, place the zucchini spears on a platter and pour some of the tomato sauce over it. Leftover tomato sauce can be stored in the fridge in an airtight container for a couple of days.

Bon Appétit!

April Crossword



Across

- 3. Simon & Schuster released the first-ever _____ puzzle book on April 18, 1924, delighting word game enthusiasts around the world.
- 5. On April 1, 1919, the Stanley Cup Final between the Montreal Canadiens and the Seattle Metropolitans was cancelled due to the ______ flu pandemic.
- 6. On April 30, 1952, Mr. _____ Head became the first toy ever to be advertised on television.
- 8. Terry Fox started his Marathon of Hope on April 12, 1980, in St. John's, _____.
- 10. This meteor shower takes place in April every year.
- 11. ABBA won the 1974 Eurovision Song Contest with their song ______ on April 6.
- 12. This space telescope was first deployed into orbit by the space shuttle Discovery on April 25, 1990.

Down

- 1. April's birthstone is the _____, a popular choice for engagement rings.
- 2. Stanley Kubrick's sci-fi adventure film, 2001: A Space _____, premiered in April 1968.
- 4. The Royal ______ Air Force was officially established on April 1, 1924.
- 5. ______ Island by Dennis Lehane was first published on April 15, 2003, and later became a film starring Leonardo DiCaprio and Mark Ruffalo.
- 7. Comedian and actor Seth _____ was born on April 15, 1982, in Vancouver, BC.
- 9. The World _____ Organization was established by the United Nations on April 7,1948.
- 10. On April 16, 2018, Kendrick _____ won the Pulitzer Prize for Music, becoming the first rapper to do so.

Visit bit.ly/mycalgaryanswers or scan the QR code for the answers

The Art of Finding Work: Stop Asking Your Interviewer Cliché Questions

by Nick Kossovan

Most job search advice is cookie-cutter. The advice you're following is almost certainly the same advice other job seekers follow, making you just another candidate following the same script.

In today's hyper-competitive job market, standing out is critical, a challenge most job seekers struggle with. Instead of relying on generic questions recommended by self-proclaimed career coaches, which often lead to a forgettable interview, ask unique, thought-provoking questions that'll spark engaging conversations and leave a lasting impression.

English philosopher Francis Bacon once said, "A prudent question is one half of wisdom."

The questions you ask convey the following:

- Your level of interest in the company and the role.
- Contributing to your employer's success is essential.
- You desire a cultural fit.

Here are the top four questions experts recommend candidates ask; hence, they've become cliché questions you should avoid asking:

"What are the key responsibilities of this position?"

Most likely, the job description answers this question. Therefore, asking this question indicates you didn't read the job description. If you require clarification, ask, "How many outbound calls will I be required to make daily?" or "What will be my monthly revenue target?"

"What does a typical day look like?"

Although it's important to understand day-to-day expectations, this question tends to elicit vague responses and rarely leads to a deeper conversation. Don't focus on what your day will look like; instead, focus on being clear on the results you need to deliver. Nobody I know has ever been fired for not following a "typical day." However, I know several people who were fired for failing to meet expectations. Before accepting a job offer, ensure you're capable of meeting the employer's expectations.

"How would you describe the company culture?"

Asking this question screams, "I read somewhere to ask this question." There are much better ways to research a company's culture, such as speaking to current and former employees, reading online reviews and news articles. Furthermore, since your interviewer works for the company, they're presumably comfortable with the culture. Do you expect your interviewer to give you the brutal truth? "Be careful of Craig; get on his bad side, and he'll make your life miserable." "Bob is close to retirement. I give him lots of slack, which the rest of the team needs to pick up."

Truism: No matter how much due diligence you do, only when you start working for the employer will you experience and, therefore, know their culture firsthand.

"What opportunities are there for professional development?"

When asked this question, I immediately think the candidate cares more about gaining than contributing, a showstopper. Managing your career is your responsibility, not your employer's.

Cliché questions don't impress hiring managers, nor will they differentiate you from your competition. To transform your interaction with your interviewer from a Q&A session into a dynamic discussion, ask unique, insightful questions.

Here are my four go-to questions—I have many more— to accomplish this:

"Describe your management style. How will you manage me?"

This question gives your interviewer the opportunity to talk about themselves, which we all love doing. As well, being in sync with my boss is extremely important to me. The management style of who'll be my boss is a determining factor in whether or not I'll accept the job.

"What is the one thing I should never do that'll piss you off and possibly damage our working relationship beyond repair?"

This question also allows me to determine whether I and my to-be boss would be in sync. Sometimes I ask, "What are your pet peeves?"

"When I join the team, what would be the most important contribution you'd want to see from me in the first six months?" Setting myself up for failure is the last thing I want. As I mentioned, focus on the results you need to produce and timelines. How realistic are the expectations? It's never about the question; it's about what you want to know. It's important to know whether you'll be able to meet or even exceed your new boss's expectations.

"If I wanted to sell you on an idea or suggestion, what do you need to know?"

Years ago, a candidate asked me this question. I was impressed he wasn't looking just to put in time; he was looking for how he could be a contributing employee. Every time I ask this question; it leads to an in-depth discussion.

Other questions I've asked:

- "What keeps you up at night?"
- "If you were to leave this company, who would follow?"
- "How do you handle an employee making a mistake?"
- "If you were to give a Ted Talk, what topic would you talk about?"
- "What are three highly valued skills at [company] that I should master to advance?"
- "What are the informal expectations of the role?"
- "What is one misconception people have about you [or the company]?"

Your questions reveal a great deal about your motivations, drive to make a meaningful impact on the business, and a chance to morph the questioning into a conversation. Cliché questions don't lead to meaningful discussions, whereas unique, thought-provoking questions do and, in turn, make you memorable.

Her SAIT Graduation

by Garth Paul Ukrainetz

She took the risk and made the move Enrolled in courses, paid tuition Embarked upon a journey bold Nothing worthwhile makes it easy

She hit the books and studied hard Placed hopes and dreams upon her desk Homework structured every evening The future more important now

From class to class, through rain and snow Lectures, essays, midterms, finals And once a week she volunteered Community, connection, care

Good coffee always faithful friend Wide awake for morning learning Then soon, bright shining GPA No more her forward path unknown

She pushed with all her might, she did Propelled that boulder up the mountain She's reached the top, SAIT graduation A new career, a rolling stone



Word of the Month

Ebullient: adjective (ih-buhl-yuhnt)

Liveliness, enthusiasm, overflowing with excitement.

> He was in quite an ebullient mood.

YOUR CITY OF CALGARY

Spring Ice Safety: Stay Off the Ice as Temperatures Rise

by The City of Calgary

As Calgary moves into spring, rising temperatures make ice on rivers, lakes, and storm ponds even more dangerous. While these bodies of water may still appear frozen, the ice is thinning and becoming unpredictable. Falling through can happen in an instant, putting you at risk of hypothermia or drowning.

Ice Safety Tips

- Avoid the ice. As ice weakens, it becomes unsafe for any activity. Stay off all ice-covered rivers, lakes, and storm ponds.
- Stay back from the edges. Melting ice along riverbanks and lakeshores is unstable and can collapse under your weight.
- Call 9-1-1 in an emergency. If someone, or a pet, falls through the ice, do not attempt a rescue yourself. Call for help immediately.

If You Fall Through the Ice

1. Stay calm, keep your head above water, and control your breathing.

2. Call for help while keeping your hands on the ice.

3. Try to pull yourself onto the ice on your stomach and roll to safety.

4. If you can't get out in under ten minutes, stop struggling, anchor yourself, and keep calling for help.



If You See Someone Fall In

1. Call 9-1-1 immediately and provide a landmark so emergency responders know exactly where to go.

2. Stay back and avoid the ice yourself.

3. If possible, throw a rope or branch to help them reach safety.

As warmer weather continues, ice conditions will only become more hazardous. Avoid unnecessary risks stay off the ice and keep yourself and others safe this spring.



Bicycle Helmet Safety

by Alberta Health Services EMS



Most injuries occur when a cyclist suffers a fall, strikes a stationary object, or collides with another cyclist or pedestrian. It is the law in Alberta that cyclists under the age of 18 must wear a helmet (and recommended for all ages). Helmets should be CSA approved and worn during recreational activities such as skateboarding, in-line skating, and cycling.

Getting Informed

- Wearing a helmet while cycling can prevent a serious injury or even save a life.
- Brain injuries can cause permanent disability or death.
- Reduce your risk by always wearing your helmet.
- Replace any helmet that has been involved in a crash, even if it appears undamaged.

Getting Started

• Allow children to assist when buying their helmet. Cyclists who choose their own helmet are more likely to wear them.

- Start the habit early. Young children learning to ride tricycles need to wear helmets.
- Parents must lead by example always wear a helmet when cycling.

Getting the Right Fit

- Take the time to properly fit and adjust your helmet to ensure maximum protection in case of a crash.
- When worn properly, helmets should fit level, not tilted up, or down over the forehead.
- Helmets should feel snug, but not too tight. To test the fit, the helmet should not fall off when you shake your head from side-to-side while the straps are unfastened.
- Adjust the chin straps to form a "Y" below and slightly forward from the ears.
- Only one finger should be able to fit under the chin strap when it is fastened.
- Do not forget to use the sizing pads included with the helmet. They will help improve the overall fit, comfort, and safety.

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