



“creating a village in the city”

**Please Contact Us**

We are located in the community room at  
**Kortright Hills Public School**  
 23 Parmigan Drive Guelph, ON NIC 1B5  
 519.837.0974 [khng@bellnet.ca](mailto:khng@bellnet.ca) www.khng.ca

**Our Boundaries**

**North** – Downey and Niska Rd from Hanlon to Waterfowl Park - North to Stone Road

**East** – Hanlon Expressway;

**West** – City Limits;

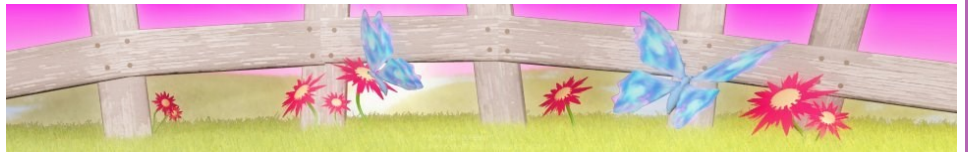
**South West** – City Limits to Downey Rd;

**South East** – Teal Dr from Downey to Hanlon.

**April 2013 issue**

Visit us on the Web: [www.khng.ca](http://www.khng.ca)

*Spring is here!*



**Mark Your Calendars to Join Us!!**

**For KHNG Movie Night**

**Friday April 12, 2013**

**In The School Gym**

**Feature Presentation:**



- \* DOORS OPEN AT 7:00
- \* MOVIE TO BEGIN AT 7:30 PM
- \* SUGGESTED DONATION OF **\$1.00** PER PERSON WOULD BE APPRECIATED
- \* BRING YOUR LAWN CHAIRS, BLANKETS OR SLEEPING BAG
- \* TELL YOUR FRIENDS, FAMILIES & NEIGHBOURS
- \* POPCORN & REFRESHMENTS AVAILABLE FOR A SMALL FEE



**Want to get involved, volunteer for movie nights!**

Send us an E-mail: [khng@bellnet.ca](mailto:khng@bellnet.ca)



**2013**

**Kortright Hills  
 Neighbourhood Group**

**Clean - Green**



**Saturday, April 20, 2013**

**9:00 am – 11:30 am**

Meet in the **Kortright Hills Community Room**  
 (KHNG community room, side entrance of the school.)

Join us for our 8th annual family clean up of our public green spaces & parks.  
 Refreshments, gloves, maps and garbage bags will be provided.  
 Help keep the community beautiful.

**FREE** Volunteer Appreciation BBQ offered at 12 noon by the City of Guelph at the Large Red Picnic Shelter River Side Park. Get your **FREE** lunch tickets from Leone (KHNG Representative) Saturday April 20th.



For more information contact  
 Leone Schadenberg  
 KHNG Outreach Coordinator  
 519.837.0974  
[khng@bellnet.ca](mailto:khng@bellnet.ca) or [www.khng.ca](http://www.khng.ca)

**For more information email [khng@bellnet.ca](mailto:khng@bellnet.ca) or call 519.837.0974 or visit [www.khng.ca](http://www.khng.ca)**



"creating a village in the city"

Welcome!

If you are new to the neighbourhood, we extend a warm welcome to you and your family! Please consider joining us for our regular monthly meetings to help plan social & recreational events.

Thank You!

A special 'thanks' goes to all of our volunteers and community partners, 26th Guelph Scouting Group, Kortright Hills Public School and the City of Guelph. Your support for our neighbourhood is greatly appreciated!

Stay

Informed:

To get email updates of our neighbourhood events delivered right to your inbox, please send your request to [khng@bellnet.ca](mailto:khng@bellnet.ca).

Also watch for our new A-frame signs telling you that new information is posted on our website.

# Spring Programs!



**PHOTO CLUB:** Welcomes new members who are interested in digital photography to meet in the community room at Kortright Hills PS the **first Monday of each month at 7:00pm.**

Contact Gregg Parsons for more information: 519.824.6107.

**NOTE NEXT MEETINGS: Apr 1st, May 6th, June 3rd, 2013**



Do you have an idea for an:

Event  
Program  
or Social



that may interest others in your  
Kortright Hills Neighbourhood?

Ask KHNG about using the community room!

Call Leone 519.837.0974 or e-mail: [khng@bellnet.ca](mailto:khng@bellnet.ca).



It starts with Scouts. It starts with Scouts. It starts with Scouts. It starts with Scouts.

**SCOUTS:** Do you enjoy camping, making new friends, developing leadership skills and much more? If so, the **26th Scout Group** is the group for you. Pre Registration is available in all sections for the 2012/2013 scouting year

- Beavers ages 5-7 meet Mondays 6:30-7:30
- Cubs ages 8-10 meet Wednesdays 6:30-8:00
- Scouts ages 11-14 meet Tuesdays 7:00-8:45
- Ventures ages 14-17 meet Mondays 7:00-8:45

The above scouting programs meet at Kortright Hills Public School. Contact 26th Guelph Registrar Leone 519.821.6948 or email [26thguelph@w.scouters.ca](mailto:26thguelph@w.scouters.ca) for further information.



**SCOTT GOSSELINK**

Sales Representative

**CENTURY 21**

Home Realty Inc., Brokerage

25-340 Woodlawn Road West

Guelph, ON

N1H 7K6

Office: 519-767-2100

[scott.gosselink@century21.ca](mailto:scott.gosselink@century21.ca)

## WE WELCOME YOUR PARTICIPATION & NEED YOUR HELP

Can you help us continue to deliver social and recreational programs for our community? In the coming months we are seeking your assistance with:

- \* Family movie night events Apr 12, 2013
- \* Planning of Earth Day, Plant Swap and KHNG BBQ
- \* Becoming a leader with our Scout Group
  - \* Planning other social, recreational events

If these or similar opportunities are of interest to you, contact us today at [khng@bellnet.ca](mailto:khng@bellnet.ca)

Your help is needed – call or e-mail us today!!

### Mark your calendars for these fun 2013 Neighbourhood Events:

- **KHNG Monthly meeting/social:**  
Thursday April 18, 2013      Thursday May 16, 2013  
Thursday June 20, 2013
- **Movie in the Gym Night Friday April 12, 2013**
- **KHNG Clean & Green Saturday April 20, 2013**
- **KHNG Plant Swap & 26th Scouts Compost Fundraiser Saturday May 4th, 2013**
- **Community Garage Sale Saturday May 11, 2013**
- **KHNG Annual BB! Saturday June , 2013**

Visit KHNG website for up to date events: [www.khng.ca](http://www.khng.ca)

Consider getting involved with YOUR Neighbourhood Group

Join us the 3rd Thursday of each Month at 7:00 pm

in the Community Room!

# Garden Fresh Box

Garden Fresh Box is a non-profit produce buying program that provides customers with affordable fresh fruits and vegetables and supports our local farmers.

The contents of the box changes with Ontario's growing season, but runs 12 months of the year.

We include as much locally-grown produce as possible for optimal taste, freshness and nutrition. Our monthly newsletter offers recipes and cooking tips to help you prepare meals.



"creating a village in the city"

**EVERYONE is welcome to participate in the program.**

Typical boxes contains:

9-14 vegetables      2-5 types of fruit  
\$20 Large box / \$15 Small box

### How it works:

- \* **Choose a host Site** convenient for you from one of many community locations.
- \* **Order and pay** for your box by noon on the 1st Friday of the month.
- \* **Pick up your Garden Fresh Box** on the 3rd Wednesday of the month from your Host Site and enjoy!

For **MORE DETAILS** visit  
[www.guelphchc.ca](http://www.guelphchc.ca)

Or contact us at 519-821-6638, ext. 344

## *KHNG Presents KASP*

### *(Kortright After School Program)*

#### *"Children Everywhere & Everywhen!!"*

**Who:** Students from \*JK — Grade 6  
**What:** 13-week Recreational & Educational After School Program  
**Where:** Kortright Hills Community Room  
**When:** Mon, Tues, Wed & Thurs  
3:20 - 5:30pm  
April 2nd to June 27, 2013  
**Cost:** \$11 per day  
(cheques payable to Kortright Hills Neighbourhood Group)

During each 2 hour session we will have a snack, themed educational activities & free play in the gym or outside weather permitting

\*JK and SK students will be escorted to the community room after school by a KASP staff member.

#### Parent/Student Volunteers Needed!

Please email if you or you know of someone who is able to assist with the program for any or all of the sessions.

Pre - Registration for the Fall session, Sept to Dec 2013 will begin in June. Full details will be posted on our website [www.khng.ca](http://www.khng.ca)

For more information, email [khng@bellnet.ca](mailto:khng@bellnet.ca)



"creating a village in the city"

Visit [www.khng.ca](http://www.khng.ca)

Official KHNG website

Check it out!!

Register and become a member

#### Our website offers:

Current events      Monthly calendar  
Discussion forum      Quarterly newsletters  
Minutes of our meetings  
Current programs available

*Become a member, register now!!*

Join KHNG on Facebook - surf over to

<http://www.facebook.com/groups/304228836299974/>

and join the group. It's a great place to share ideas, photos and link with other neighbours



**Kortright Hills**  
-Your Neighbourhood Group

"creating a village in the city"



**26<sup>th</sup> Guelph Scouts are fundraising!**

We are collecting orders for Elmira Poultry. These are great chicken products, just in time for BBQ season!

Our delivery date will be in mid-June, before Father's Day. If you are interested in placing an order please contact: Rebecca Fraser 519-836-8474 or by email, [becfraser55@gmail.com](mailto:becfraser55@gmail.com) before May 25th. I will forward the order form upon request.



Thank you for supporting the Scouts in their adventure to the Canadian Scout Jamboree July 2013!



# Caruso Homeopathic Clinic

Heather Caruso, BSc., DHMS HD

- Bestselling author, holistic nutritionist, orthomolecular practitioner, homeopath
- Voted Diamond in the Guelph Tribune's Readers' Choice Awards 2012



*13 years successful practice healing people naturally*

- Weight loss, body composition
- Gastrointestinal disorders (acid reflux, diverticulitis, ibs, ibd)
- Autoimmune conditions (lupus, rheumatoid arthritis, guillian barre, nephritis, eczema, cystitis)
- Cardiovascular disease (hypertension, high cholesterol and arteriosclerosis)
- Diabetes/insulin resistance

Sign up for our free e-newsletter for health!

[www.carusohomeopathy.com](http://www.carusohomeopathy.com)

Guelph 519 827 9237

Heather Caruso



## 26TH GUELPH COMPOST FUNDRAISER

26th Scout Compost Fundraiser, to raise money for Scouting youth & leaders to attend a Canadian Jamboree in Alberta July 2013

\$3.00/cubic square foot bags

Order your compost today!!

Call Paul 519-821-6948 Or [paulleone@sympatico.ca](mailto:paulleone@sympatico.ca)

Pick up your orders

Saturday May 4th, 2013

23 Ptarmigan Dr., 9am to 2pm

## IT'S FREE & SOMETHING TO SMILE ABOUT

We provide dental services for eligible teens age 17 and under. Our services help prevent cavities and include cleaning teeth and applying fluoride. If you do not have dental coverage the cost of dental care can be expensive. We can help at our Preventive Dental Clinics.

**CALL 1-800-265-7293 EXT. 2661 FOR AN APPOINTMENT**

**PREVENTIVE DENTAL CLINIC LOCATIONS**  
Guelph · Orangeville · Fergus · Mount Forest · Shelburne



Wellington-Dufferin-Guelph Public Health  
1-800-265-7293 | [www.wdgpsh.ca](http://www.wdgpsh.ca)  
info@wdgpsh.ca

## IT'S FREE & SOMETHING TO SMILE ABOUT



**compost for soils**



**Kortright Hills**  
-Your Neighbourhood Group

*"creating a village in the city"*

## 2013 Speaker Series

Come learn from our gardening experts as they share tips and secrets to planting beautiful, low-maintenance gardens—flowers and veggies! Admission is free.

### Food and Water

Join Phillip Collins, a landscape architect specializing in organic agriculture, and co-founder of Fresh City Farms, as he explains how using your backyard to grow your own food can be a rewarding experience.  
Wednesday, March 20 at 7 p.m.  
Victoria Park East Golf Club  
1096 Victoria Road South, Guelph



**healthy**  
landscapes

### Native Plant Alternatives for Invasive Species in the Home Garden

Sean James, who has been featured on the CBC and on two HGTV shows including 'Green Force', will be speaking. Come out to this inspiring and engaging talk about choosing native plants that will work in those hard to grow places that invasive species have been occupying in your garden.

Thursday, March 28 at 7 p.m.

OAC Centennial Arboretum Centre, University of Guelph

### Vertical Veggies

Join Ken Brown, who has gardened for most of his life in Ontario, as he teaches us how to grow vegetables in a new direction!

Growing vegetables can be fun and an easy way to make use of your landscape. Growing them vertically takes vegetable growing to a whole new level!

Saturday, April 13 at 10 a.m.

Evergreen Seniors Community Centre  
683 Woolwich Street, Guelph

### Ornamental Grasses

Join gardening consultant Evelyn Wolf, who devotes herself to creating unique perennial gardens for others, as she educates us on ornamental grasses. Learn how to choose the right size and type to suit various garden situations, and get tips on long-term care.

Thursday, April 18 at 7 p.m.

Victoria Park East Golf Club  
1096 Victoria Road South, Guelph

### Healing Gardens

Did you know there are many opportunities for healthy living in your own backyard? Join Karen Sea Among, also known as the "Chief Gardener," as she shows us how easy it is to have a landscape that is good for you, your family and the planet!

Saturday, April 20 at 10 a.m.

Dublin Street Church  
68 Suffolk Street West, Guelph

### Lawns you'll love

Join Sabrina Selvaggi, who is passionate about sustainable landscaping, as she teaches us how to manage our lawn so it successfully pulls through the dry time of our changing climate.

Saturday, May 4 at 10 a.m.

Dublin Street Church  
68 Suffolk Street West, Guelph

For more information, call 519-822-1260 x 2109, or visit [guelph.ca/healthylandscapes](http://guelph.ca/healthylandscapes)



**ATTENTION ALL GREEN THUMBS!!**

**BACK BY POPULAR DEMAND!!**

**KHNG 3rd Annual Community Plant Swap 2013**



**SATURDAY MAY 4<sup>th</sup> – 9 AM to 2 PM**

**(Kortright Hills Community Room— side entrance of KHPS)**

Drop off your plants Friday evening May 3<sup>rd</sup> between 6 pm & 7 pm

Labeling materials will be available, come back Saturday morning to pick a new plant for your gardens.



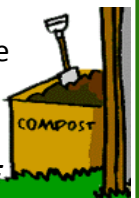
**"26th Guelph Compost Fundraiser"**

Come out and buy some of the good stuff.

Funds raised for Scouting youth &

leaders to attend a Canadian Jamboree

in Alberta July 2013



**SWAPPING IS EASY, SAVES YOU TIME  
MONEY & IS GREAT FOR THE ENVIRONMENT!**

**DONATE A PLANT - RECEIVE A PLANT!**

## Want to Advertise in KHNG Quarterly Newsletter:



"creating a village in the city"

**KHNG** sends an electronic newsletter out four times a year, next issue July 2013. If you wish to advertise your business, a small sponsorship fee will apply. Share your favourite recipe with your neighbours, write an article of interest or if you are a student looking to offer your services (i.e. babysitting, shoveling snow, cutting/raking the lawn) and wish to put your information in our newsletter E-mail [khng@bellnet.ca](mailto:khng@bellnet.ca). This is a great way for Kortright Hills Neighbourhood to come together by sharing thoughts, talents and services available, neighbours helping neighbours.

## Kortright Hills Classifieds!!



### Community Volunteers Needed!!

#### Volunteers Needed for "KASP" Program

Kortright After School Program need volunteers to assist with this program. KASP runs Mon, Tues, Wed and Thurs, 3:20 to 5:30 pm, students JK to Gr. 6. This would be a perfect opportunity for stay-at-home parents, grandparents and/or high school/university students to give back to the community. If interested please contact Leone [khng@bellnet.ca](mailto:khng@bellnet.ca)

#### 26th Guelph Scouting Group

Do you enjoy the outdoors? Do you love to work with children aged 5 to 17? Become a volunteer leader at the 26th Guelph Scouting Group. For further details contact [26thguelph@wellington.on.scouts.ca](mailto:26thguelph@wellington.on.scouts.ca)

### Kortright Hills Neighbourhood Opportunities

#### KHNG Community Room

Are you looking for a place to hold a community meeting, start a club, provide a workshop or have an idea for adult or children programs? Would you like to share your time/ideas with the neighbourhood. Call or email KHNG to find our more information or book the community room.

#### KHNG Electronic Mailing List

Join KHNG mailing list to receive newsletters/posters of recreational and social events within your neighbourhood. Tell your friends and neighbours, call or email Leone to add your email to our electronic list.

#### Local Home Daycare

#### Boogaloos Home Daycare

Full and Part-time openings available  
Children ages 18 months to six years old.  
Contact: Brandy at 226-706-6000

[www.daycare.boogaloos.ca](http://www.daycare.boogaloos.ca)



#### Contact KHNG:

[www.khng.ca](http://www.khng.ca) \* [khng@bellnet.ca](mailto:khng@bellnet.ca) \* 519-837-0974

### Missing - Medic Alert Bracelet

My daughter was tobogganing over at Milson Park behind the school and has lost her Medic Alert bracelet. It is a silver bracelet with the Medic Alert on it, no name is on it, just her medical conditions.

If someone sees it or finds it, please contact  
Brie 519-823-1113.

### 26th Guelph Scouting Group

#### Join The Adventure of 26th Guelph Scouting Group

Interested in joining BEAVERS, CUBS, SCOUTS...

**Pre Register now for the new scouting year 2012/2013.**

The 26<sup>th</sup> Guelph Scouting Group meets in the school gym at Kortright Hills Public School

Beavers ages 5-7 meet Mondays 6:30-7:30

Cubs ages 8-10 meet Wednesdays 7:00-8:30

Scouts ages 11-14 meet Tuesdays 7:00-8:45

Ventures ages 14-17 meet Mondays 7:00-9:00

For more details contact Leone 519-821-6948 or

[26thguelph@wellington.on.scouts.ca](mailto:26thguelph@wellington.on.scouts.ca)



It starts with Scouts.

### After School Program Supplies Needed!!

#### Craft Items Needed for "KASP" Program

Kortright After School Program is looking for craft items: markers, paper, paint, crayons, toilet paper rolls, boxes, coloured paper, clay, play dough or any other craft supplies.

We have a creative group that love to create special things for each other and their families.

Any donations are appreciated.

To make a donation please email [khng@bellnet.ca](mailto:khng@bellnet.ca)



### Mark Your Calendars

June 21, 2013

Happy First  
Day of Summer



## Want to Advertise in KHNG Quarterly Newsletter:



"creating a village in the city"

**KHNG** sends an electronic newsletter out four times a year, next issue April 2013. If you wish to advertise your business, a small sponsorship fee will apply. Share your favourite recipe with your neighbours, write an article of interest or if you are a student looking to offer your services (i.e.: babysitting, shoveling snow, cutting/raking the lawn) and wish to put your information in our newsletter E-mail [khng@bellnet.ca](mailto:khng@bellnet.ca). This is a great way for Kortright Hills Neighbourhood to come together by sharing thoughts, talents and services available, neighbours helping neighbours.

## Kortright Hills Classifieds Continued!!



### *KHNG Community Real Estate Agent*



**Linda Main** Sales Representative

*Discover the Benefits of using  
Your Neighbourhood Realtor*

**519-821-3600**

519-760-0008 Cell

[linda-main@coldwellbanker.ca](mailto:linda-main@coldwellbanker.ca)

### *Community Teacher Needs Your Help!!*

One of our community members, a teacher with the Upper Grand District School Board, has helped to launch a new program for Teen Parents. It operates out of the Shelldale Community Centre in the afternoons. Their mandate is to provide support to the Teen Parents as well as the opportunity to finish their high school diplomas.

There are several ways for you to contribute to this worthwhile initiative such as:

- 1) Being a mentor who will meet on a periodic basis with the parents
- 2) As a community member who has the ability to donate either financially or with donations of clothes, toys, diapers, bottles etc.
- 3) As a community member who could offer their services pro bono (i.e. taxes etc.)

Thank-you in advance for your generosity and for helping to make a positive difference.  
Please contact Kim Durst at  
519-831-3720 or  
[kimberley.durst@ugdsb.on.ca](mailto:kimberley.durst@ugdsb.on.ca)

*I believe the world is one  
big family, and we need to*

**HELP  
EACH  
OTHER.**

*Jet Li*  
VERYBESTQUOTES.COM

### *Want to Advertise in KHNG Newsletter*

**KHNG Newsletters January, April, July and October 2013**  
**Sponsorship Suggested Rate Scale:**

<b>Full page ad, graphics, logo and border</b>	\$100.00 for Newsletter	\$50.00 for Website
<b>Half page ad, graphics, logo and border</b>	\$50.00 for Newsletter	\$25.00 for Website
<b>Quarter page ad, graphics, logo and border</b>	\$25.00 for Newsletter	\$15 for Website
<b>Business card size, graphic, logo and border</b>	\$15.00 for Newsletter	\$10.00 for Website

**Small word ad, max 15 words, No graphics, FREE**

Newsletter advertising helps fund KHNG events.

**Advertise in our next newsletter July 2013!!**

**YOUR AD COULD BE HERE!!**

**CONTACT KHNG TO**

**PLACE YOUR AD**

**[KHNG@BELLNET.CA](mailto:KHNG@BELLNET.CA)**

**Contact KHNG:**

[www.khng.ca](http://www.khng.ca) \* [khng@bellnet.ca](mailto:khng@bellnet.ca) \* 519-837-0974

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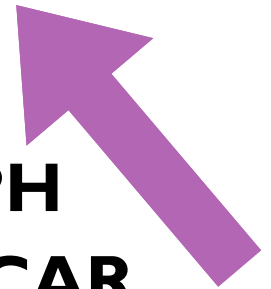
**Kortright Hills**  
-Your Neighbourhood Group

"creating a village in the city"



**GUELPH POLICE  
SERVICE  
PRIDE \* SERVICE  
TRUST**

**GUELPH  
POLICE CAR  
COLOUR ME!!**



### Seasonal Safety Tips

#### April

The nice weather will be starting and there will be an increased number of cyclists on city roadways. Please share the roadway and take note of cyclists around you.

#### May

Make sure your car is in proper repair to start your holiday weekend. Please don't drink and drive. Kids, make sure you wear your bicycle helmet.

#### June

School's out... make sure you are aware of the increased pedestrian and bicycle traffic from youths on city streets and neighbourhoods



Other tips can be found on the Guelph Police Services website:  
<http://www.guelphpolice.com>

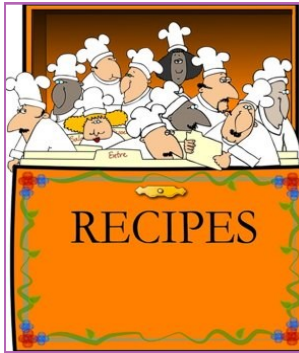
### Home Safety Tips:

- \* Change the door locks after moving into a new house or apartment.
- \* Install and use a peephole in your front door. Never open your door to a stranger.
- \* Keep windows locked.
- \* Keeps drapes and window shades closed after dark.
- \* Leave lights on in two or more rooms to show that people are home.
- \* When a stranger asks to use your telephone, do not let him into your house. Offer to call emergency help for him.
- \* Be suspicious of visits by people you didn't call and always ask Salesmen and repair men to show you their ID. Before letting them I in, call their business to make sure they are supposed to be there. Use the phone book, not a number they give you. (It could be phony.)
- \* Be alert to protect your neighbours as well as yourself. Never mention to a stranger that a neighbour is away, lives alone, or is home alone.
- \* Consider joining your local Neighbourhood Watch or consider starting one





# Kortright Hills Recipe Corner!!



"creating a village in the city"

## Greek Diner Salad

**Ingredients:** (serves 4, 1 1/3 cups each)

- 3 tablespoons non-fat plain yogurt
- 3 tablespoons reduced-fat mayonnaise
- 2 tablespoons lemon juice
- 2 tablespoons chopped fresh mint
- 1 clove garlic, minced
- 1 teaspoon honey
- 1/2 teaspoon salt
- 1 medium zucchini, finely diced
- 1 large red bell pepper, finely diced
- 1 bunch radishes, finely diced
- 1 15-ounce can chickpeas, rinsed
- 4 large Boston lettuce leaves, for serving



**Directions:** (35 minutes)

Whisk yogurt, mayonnaise, lemon juice, mint, garlic, honey and salt in a small bowl until creamy.

Toss zucchini, bell pepper, radishes and chickpeas in a large bowl. Pour the dressing over the vegetables; toss gently. To serve, spoon into lettuce leaves, using them as cups.

## Fully Loaded Deviled Eggs

**Ingredients:** (makes 24)

- 12 eggs
- 1 teaspoon vegetable oil
- 1 small onion, chopped
- 1/4 cup sour cream
- 2 tablespoons mayonnaise
- 1 1/2 teaspoons Dijon mustard
- 1/2 pinch onion powder
- 1/2 teaspoon garlic powder
- 1 tablespoon ranch dressing, or to taste
- 1/8 teaspoon lemon pepper seasoning
- 1 tablespoon bacon bits, or to taste
- 1 cup finely shredded sharp Cheddar cheese
- 1/4 teaspoon paprika, or as needed



**Preparation:** (15 min)

Place eggs into a large pot and cover with lightly salted water. Bring to a boil and reduce heat to medium; boil eggs for 10 to 12 minutes. Drain the boiling water and fill pot with cold water. After 2 to 3 minutes, pour off water and replace with more cold water. Repeat until eggs are fully chilled, 10 to 15 minutes. Peel eggs.

Heat vegetable oil in a small skillet over medium heat and cook and stir onion until translucent, about 5 minutes. Remove from heat and let cool.

Slice eggs in half lengthwise and scoop yolks into a bowl; transfer egg white halves to a plate. Mash egg yolks with a fork; stir in sour cream, mayonnaise, ranch dressing, Dijon mustard, garlic powder, onion powder, and lemon pepper seasoning until yolk mixture is smooth. Stir in bacon bits and Cheddar cheese.

Generously fill egg halves with filling and sprinkle each deviled egg with paprika. Refrigerate until chilled before serving.



Spring is nature's way of  
saying, "Let's party!"

Robin Williams

## Chicken and Snow Pea Stir-Fry

(Canadian Living Magazine 2011)

**Ingredients:**

- 12 oz. (340 g) boneless skinless chicken breasts, thinly sliced
- 2 cloves garlic, thinly sliced
- 1/4 tsp. (1 mL) ground cumin
- 5 cups (1.25 L) snow peas, strings removed
- 1/4 tsp. (1 mL) salt

- 2 tbsp. (30 mL) extra-virgin olive oil
- 3/4 tsp. (4 mL) smoked paprika or sweet paprika
- 2 oz. (57 g) cured ham, (such as prosciutto or Serrano), julienned
- 1/4 cup (60 mL) sodium-reduced chicken broth
- 1 pinch granulated sugar

**Preparation:** (makes 4 portions)

In bowl, toss together chicken, 1 tbsp. of the oil, garlic, paprika and cumin.

In wok or skillet, heat remaining oil over high heat; stir-fry ham for 10 seconds.

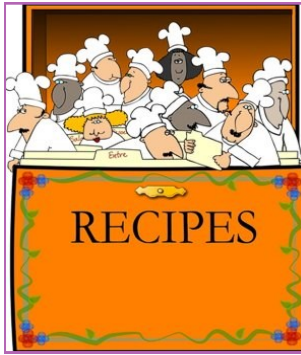
Add chicken mixture; stir-fry until seared all over.

Add snow peas; stir-fry for 30 seconds.

Add chicken broth, salt and sugar; stir-fry until peas are tender-crisp and chicken is no longer pink inside, 2 to 3 minutes.



# Kortright Hills Recipe Corner!!



"creating a village in the city"

## BAKED ZUCCHINI FRIES

Canadian Living Magazine 2012

Kids will love this take on fries, even though they're secretly made from an unexpected vegetable. Marinara Dipping Sauce makes a tasty alternative to ketchup. Kids can help by cracking the eggs, shaking the flour mixture and dipping the zucchini sticks. Have them use one hand for dry ingredients and the other for wet, so the breading sticks to the zucchini and not their fingers.

### Ingredients

2 zucchinis	1/4 cup (60 mL) all-purpose flour
1/2 tsp. (2 mL) salt	1/4 tsp. (1 mL) pepper
2 eggs	3/4 cup (175 mL) dried bread crumbs
1/2 tsp. (2 mL) garlic powder	

### Preparation: (20 min - 6 servings)

Cut zucchini crosswise then lengthwise into thirds; slice into 1/2-inch (1 cm) thick strips. Pat dry.

In bag, shake flour, half of the salt and the pepper. In bowl, beat eggs, 1 tbsp. water and remaining salt.

In shallow dish, combine bread crumbs with garlic powder.

Add zucchini to flour mixture and shake to coat. One at a time, dip strips into egg mixture. Dredge in crumb mixture, pressing to adhere.

Bake on greased baking sheet in 450°F (230°C) oven, tossing halfway through, until tender and golden, 20 to 25 minutes.



## Strawberry Sherbet

Eating Well 2009



### Ingredients: (8 servings - 1/2 cup)

2 cups chopped fresh or frozen (not thawed) strawberries, (about 10 ounces), divided	
1/2 cup sugar	2 1/2 cups non-fat or low-fat buttermilk
1/2 cup half-and-half	2 teaspoons lemon juice
1 teaspoon vanilla extract	Pinch of salt

### Preparation: (20 min)

Combine 1 cup berries and sugar in a small bowl and let sit, stirring occasionally until the sugar has begun to dissolve, about 10 minutes. Transfer the berry mixture to a food processor or blender and process until smooth.

Meanwhile, combine buttermilk, half-and-half, lemon juice, vanilla and salt in a medium bowl. Press the strawberry mixture through a fine-mesh sieve into the bowl. Stir, cover and chill for at least 2 hours or up to 1 day.

Whisk the sherbet mixture and pour into the canister of an ice cream maker. Freeze according to manufacturer's directions. During the last 5 minutes of freezing, add the remaining 1 cup chopped berries. If necessary, place the sherbet in the freezer to firm up before serving. (If the sherbet becomes very hard in the freezer, soften it in the refrigerator for about 30 minutes before scooping.)

## Spring Party Punch



Serve this punch at your Spring Party

Recipe from PocketChangeGourmet.com

### Ingredients:

- 1 container Orange Sherbet {or your favorite flavor}
- 1 {46 oz.} can Pineapple Juice
- 1 {2 liter} bottle Ginger Ale

### Directions:

1. Add Sherbet to bowl and/or glasses
2. Pour in Pineapple Juice until about 3/4 full
3. Fill with Ginger Ale

## 26th Guelph

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