



Gerry Kentner/photo

Baked apples can be an easy, affordable and nutritious meal.

Getting ready for cold weather with fall recipes

GERRY KENTNER AND LORI GYSEL

Onions, carrots, celery: three basic ingredients to keep in your fridge to start all your fall and winter soup recipes. Homemade soup can be an easy, affordable and nutritious meal staple.

All you need are these three flavour boosters, stock of any flavour, your vegetable or vegetables of choice and a starch or legume, such as beans, pasta, lentils, rice or potato.

Meat can be added, of course, but this is a good time to try a meatless meal for your family.

A great way to sneak in some legumes, which seems to be a category often missed.

Start by sautéing the three vegetables, add your

stock and chopped up vegetable of choice, your starch or legume, some herbs and spices. Some form of tomato is also a great addition, like tomato purée, sauce, paste, whole or fresh cut up tomatoes.

This recipe can be easily puréed if you wish. Make a big batch and start with your favourite large soup pot. Have enough for another meal, lunches, or snacks - food in a hurry when you're hungry!

BAKED APPLES

Serves 4

Ingredients

4 whole apples, cored, skins on

8 tbsp brown sugar

4 tbsp butter

24 raisins

Pinch of cinnamon for each

Drizzle of maple syrup for each

1 cup white grape or apple juice

1 sheet of butter puff pastry

1 egg

Coarse sugar

Method

1. **Core apples**, then layer ingredients into centre, having two layers of brown sugar and maple syrup last.

2. **Remove puff pastry** from refrigerator. Cut into four sections.

3. **Lay one apple** in centre of each square. Beat egg, add one tbsp water, then brush over all pastry.

4. **Pull up the four** corners to the top of the apple, then fit remaining pastry up the sides of the apple.

5. **Brush** with remaining egg and sprinkle with coarse sugar.

6. **Lay the apples** in a shallow baking dish, then pour the juice into the pan.

7. **Bake uncovered** in 375 F oven for 45-60 minutes, until pastry is browned

8. **Serve apple** drizzled with the thickened pan juices.

Nominate a Junior Citizen.

Nadine Carter
Stouffville, ON
2016 Ontario
Junior Citizen



Nadine's efforts to lobby for a forgotten WW1 hero resulted in a weekend-long celebration, historic plaques being placed in his honour, and a new marker being placed on Captain Brown's previously unmarked grave.

The Ontario Junior Citizen Awards celebrate incredible youth.

Do you know someone who is involved in worthwhile community service, is contributing while living with a limitation, has performed a heroic act, demonstrates individual excellence, or is going above and beyond to help others? If so, nominate them today!

Nominations are open until November 30, 2017. Forms and information are available from this newspaper, and from the Ontario Community Newspapers Association at ocna.org/juniorcitizen.

Don't be a LitterBug!
Please keep our community clean.

Michael's
MAKE CREATIVITY HAPPEN

CORRECTION NOTICE

In the ad beginning October 27, 2017, we are advertising a gift with purchase offer on the cover of the circular. The correct statement should be: Get a FREE Tree Storage Bag with a \$149 purchase of a 6 ft. and taller Ashland® Christmas tree. No additional discounts can be applied. While supplies last. No rain checks. Must purchase in a Michaels store in Canada 10/27 - 11/2/17.

We apologize for any inconvenience this may have caused.

NOTICE



2017 ANNUAL GENERAL MEETING

Thurs. Nov. 16th, 2017 at 7pm • Cedarvale Community Centre

(Maple Ave. and 8th Line - Georgetown)

Welcome to all Members in Good Standing

If you have any questions please contact

deedeeridley@gmail.com



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