## Citrus Salmon with Orange Relish

Fresh oranges and ground ginger pair to make a bold and nutrientpacked accompaniment to salmon fillets. Serve this antioxidant-rich relish with any kind of fish, or with shrimp or scallops.

Prep Time: 20 minutes Marinate: 30 minutes Cook Time: 15 minutes

### **Citrus Salmon:**

1/4 cup orange juice 2 tablespoons olive oil

1 1/2 teaspoons McCormick Gourmet thyme leaves, divided

salmon fillets (about 1 pound) brown sugar

1 tablespoon 1 teaspoon McCormick Gourmet paprika

1/2 teaspoon

### **Orange Relish:**

1/2 teaspoon 2 seedless

grated orange peel oranges, peeled, sectioned and cut into 1/2-inch pieces

2 tablespoons chopped red bell pepper

1 tablespoon

1 tablespoon chopped red onion 1 tablespoon

chopped fresh parsley 1/2 teaspoon McCormick Gourmet ground ginger

### SALMON:

Mix orange juice, oil and 1 teaspoon of the thyme in small bowl. Place salmon in large resealable plastic bag or glass dish. Add marinade; turn to coat well. Refrigerate 30 minutes or longer for extra flavour. For the Relish, mix all ingredients in medium bowl. Cover. Refrigerate until ready to serve.

### RELISH:

Mix brown sugar, paprika, remaining 1/2 teaspoon

thyme and salt in small bowl. Remove salmon from marinade. Discard any remaining marinade. Rub salmon evenly with paprika mixture. Place salmon on foil-lined baking pan.

### BAKE:

in preheated 400°F oven 10 designed recipes packed to 15 minutes or until fish with flavourful, antioxidantflakes easily with a fork. rich super spices can be Serve salmon with Orange found Relish.

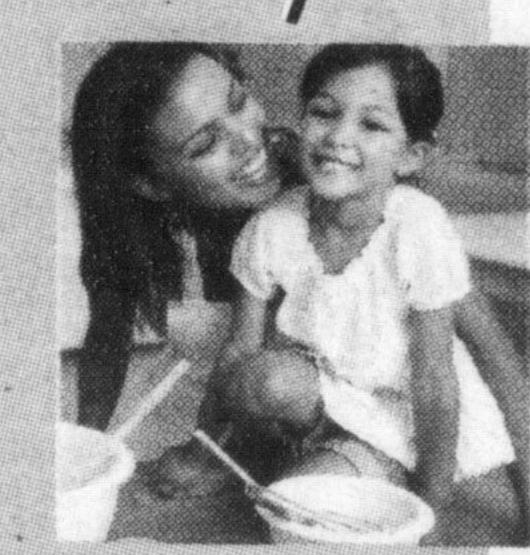
Makes 4 servings.

**Nutrition Information Per** One Serving: Calories 283, Fat 11g, Protein 25g, Carbohydrates Cholesterol 62mg, Sodium 354mg, Fibre 3g

More easy tips and specially online www.spicesforhealth.ca.

www.newscanada.com

## Homebuyer!



Check with your LOCAL Real Estate Agent about GOVERNMENT INCENTIVES!

### **All Real Estate Offices**

Please note the deadline times for the Tuesday Real Estate Section are as follows: Booking Deadline: ..... .Tues 5:00 pm Material Deadline: ..... Wed 10:00 am

Due by Friday 11:00 am

Milton's

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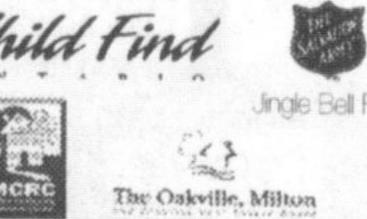
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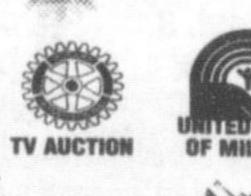


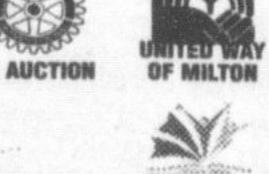




GALA Awards







**YMCA** FAO The Milton Canadian Champion is a Recyclable Product

## The Power of Prudential



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NEW



FABE FEDRIGO\* Manager



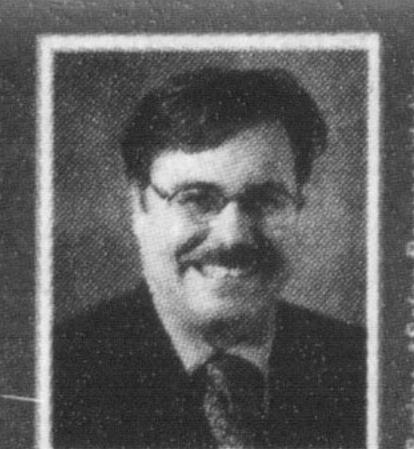
**GARANT**\*



TAGLIERI\*

NEW

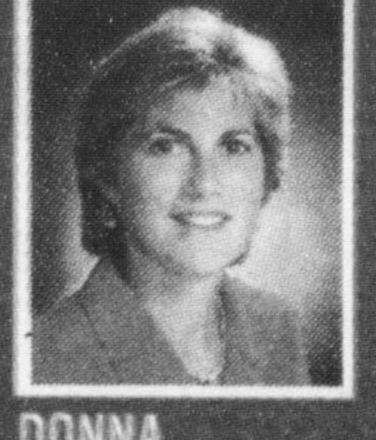
CATHERINE



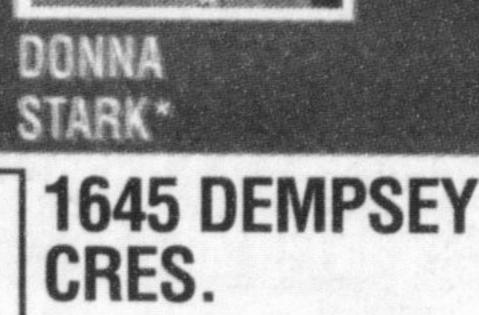
GREG GARANT\*



HOLLINGS\*



STARK\*



HAWTHORNE

VILLAGE \$569,900 Dare to compare... Backs onto pond & forest, Mattamy's rare Montgomery

huge ktichen/family rm combo, main floor office, 3 full washrooms, plus perfect nanny/guest



**BLUE MOUNTAIN** WATERFRONT TOWNHOME

beach! Elegant brand new end unit townhome exquisite upgrades t/o, 2500 sq. ft., 2nd level loft family rm, master with balcony o/looks bay, heated floors even garage! Wow!

CATHERINE GARANT 905-878-9100 www.theedgewatercondos.ca



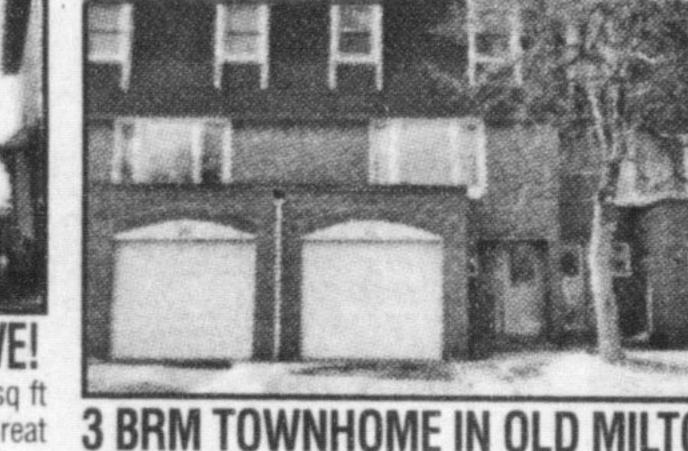
RURAL ACTON

\$649,900 "Muskoka-Like" Property! Custom Built Spacious Bungalow. Entertainer's Delight Floor Plan, Walk-Out Basement, Huge Windows T/O Brings outside in, Private Paradise with Pond & Waterfall.

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room with hardwood, ensuite off master, large finished rec room with Berber carpet, eat-in kitchen with patio door access to generous-size fenced backyard wood deck, long driveway fits two cars (+ garage Short walk to GO transit, amenities, schools, park Leisure Centre. Quick access to Hwy 401. See photos at www.donnastarksellshomes.com. donnastark@xplornet.com



### 3 BRM TOWNHOME IN OLD MILTON

\$224,900 Newer windows, new Berber carpet to iving area/ upstairs, laminate floor in kitchen/dining room, walkout to fully fenced backyard/patio, extra storage in basement, single garage, appliances included. Nice small complex off Bronte. Walk to popular LaRose Bakery. Call DONNA to book a showing at (905) 878-9100. donnastark@xplornet.com



**CATHERINE GARANT 905-878-9100** 

### **GREAT VALUE!**

\$429,900.00 Beautiful all-brick, 4 BDRM home. Hardwood floors on main level. Spacious eat-in kitchen with large pantry. Main floor dining & family room. Oak Stair case with wrap around banister. Walk to park and close to excellent schools & amenities.

For more information visit www.joetaglieri.com JOE TAGLIERI 905-878-9100

CENTURY HOME - EXCLUSIVE LISTING

\$325,000 Six bedrooms, five bathrooms, sepa-

rate dining room, office, eat-in kitchen, dble car

garage, situated on half acre property overlooking the bay. Upgrades include roof, furnace, hydro, water heater, bathrooms, flooring & much more.



### **BURLINGTON CONDO!**

Fabulous location, close to all amenities Features open concept design with modern finishes, balcony with views of pond and green space, underground parking and locker included, walk to shopping, park, and public transportation.

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NEW HARDWOODS, 4 SPACIOUS BDRMS \$449,800 4 BR, double garage on quiet cres., main floor laundry & fam rm with gas FP. Open concept kitchen & more! Call JEFF PEARCY for more details. 905-878-9100 jeff@jeffpearcy.com



### FINISHED TOP TO BOTTOM

\$344,900 This handsome 5 year old semi-detached home offers 3 bedrooms, 2.5 baths, a recently finished basement, parking for 2 cars plus a garage makes this home a must see. Potlights, Berber Carpeting, Backsplash Hardwood are just a few of the upgrades this home has to offer. Call Tracy today for more details before it's sold. TRACY LILLY 905-338-6550

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\$162,000 One bedroom condominium with underground parking and locker. Close to GO, QEW and 407.

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