

Citrus Salmon with Orange Relish

Fresh oranges and ground ginger pair to make a bold and nutrient-packed 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
4 salmon fillets (about 1 pound)
1 tablespoon brown sugar
1 teaspoon McCormick Gourmet paprika
1/2 teaspoon salt

Orange Relish:

1/2 teaspoon grated orange peel
2 seedless oranges, peeled, sectioned and cut into 1/2-inch pieces
2 tablespoons chopped red bell pepper
1 tablespoon honey
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 to 15 minutes or until fish flakes easily with a fork. Serve salmon with Orange Relish.

Makes 4 servings.

Nutrition Information Per One Serving: Calories 283, Fat 11g, Protein 25g, Carbohydrates 21g, Cholesterol 62mg, Sodium 354mg, Fibre 3g

More easy tips and specially designed recipes packed with flavourful, antioxidant-rich super spices can be found online at www.spicesforhealth.ca.

www.newscanada.com

The Power of Prudential



KAREN COLLINS*



FABIE FEDRIGO*
Manager



CATHERINE GARANT*



GREG GARANT**



JOAN HOLLINGS*



DONNA STARK*



JOE TAGLIERI*

** Sales Representative

NEW



1645 DEMPSEY CRES. HAWTHORNE VILLAGE

\$569,900 Dare to compare... Backs onto pond & forest, Mattamy's rare Montgomery model, huge kitchen/family rm combo, main floor office, 3 full washrooms, plus perfect nanny/guest suite.

CATHERINE GARANT 905-878-9100

NEW



BLUE MOUNTAIN WATERFRONT TOWNHOME

\$610,000 Views, views, views & private 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

NEW



RURAL ACTON

\$649,900 "Muskoka-Like" 2+ Acre 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.

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

NEW



FINISHED BASEMENT & 2-CAR DRIVE!

\$338,900 Coscorp 6 yr old semi, approx 1400 sq ft + finished basement. Features include spacious great 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 with 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.donnastarkexplor.net.

DONNA STARK (905) 878-9100

SOLD



3 BRM TOWNHOME IN OLD MILTON

\$224,900 Newer windows, new Berber carpet to living 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. donnastarkexplor.net

NEW



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

LEASED



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.

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

NEW



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
www.tracylilly.com

NEW



CENTURY HOME - EXCLUSIVE LISTING

\$325,000 Six bedrooms, five bathrooms, separate 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. Located in Nova Scotia.

jhollings@copeco.ca JOAN HOLLINGS 905-399-7610

NEW



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

SOLD



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

Karen Collins 905-878-9100
karencollins@bell.net
www.karencollins.ca

First Time 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

FINAL CHANGES:
Due by Friday 11:00 am

Thank You **The Canadian Champion**

Milton's

Best Homes

A METROLAND MEDIA GROUP LTD. PUBLICATION

NEIL OLIVER, Publisher
Advertising Director: Debbi Koppagan
Published by: The Canadian Champion, 555 Industrial Drive., Milton, Ont., L9T 5E1,
(905) 878-2341 Fax: (905) 876-2364

DAVID HARVEY, General Manager
Real Estate Rep: Diane Wolstenholme
Published by: The Canadian Champion, 555 Industrial Drive., Milton, Ont., L9T 5E1,
(905) 878-2341 Fax: (905) 876-2364

Advertising is accepted on the condition that, in the event of a typographical error, that portion of the advertising space occupied by the erroneous item, together with a reasonable allowance for signature, will not be charged for, but the balance of the advertisement will be paid for at the applicable rate. The publisher reserves the right to categorize and reject advertising. In the event of typographical error, advertising goods or services at the wrong price, goods or services may not be sold. Advertising is merely an offer to sell and may be withdrawn at any time. Produced on behalf of the Oakville, Milton and District Real Estate Board.

The Canadian Champion

CCAB Audited

RECOGNIZED FOR EXCELLENCE BY
ocna Ontario Community Newspapers Association CNA Canadian Community Newspapers Association SN3 Suburban Newspapers of America

THE CANADIAN CHAMPION IS A PROUD MEDIA SPONSOR FOR:



Prudential
Town Centre Realty Inc.
Brokerage

905.878.9100 www.prutcr.com
245 Main Street, Milton, Ontario

An independently owned and operated broker member of Prudential Real Estate Affiliates, Inc.