

For complete listing information & photos please visit www.prutcr.com

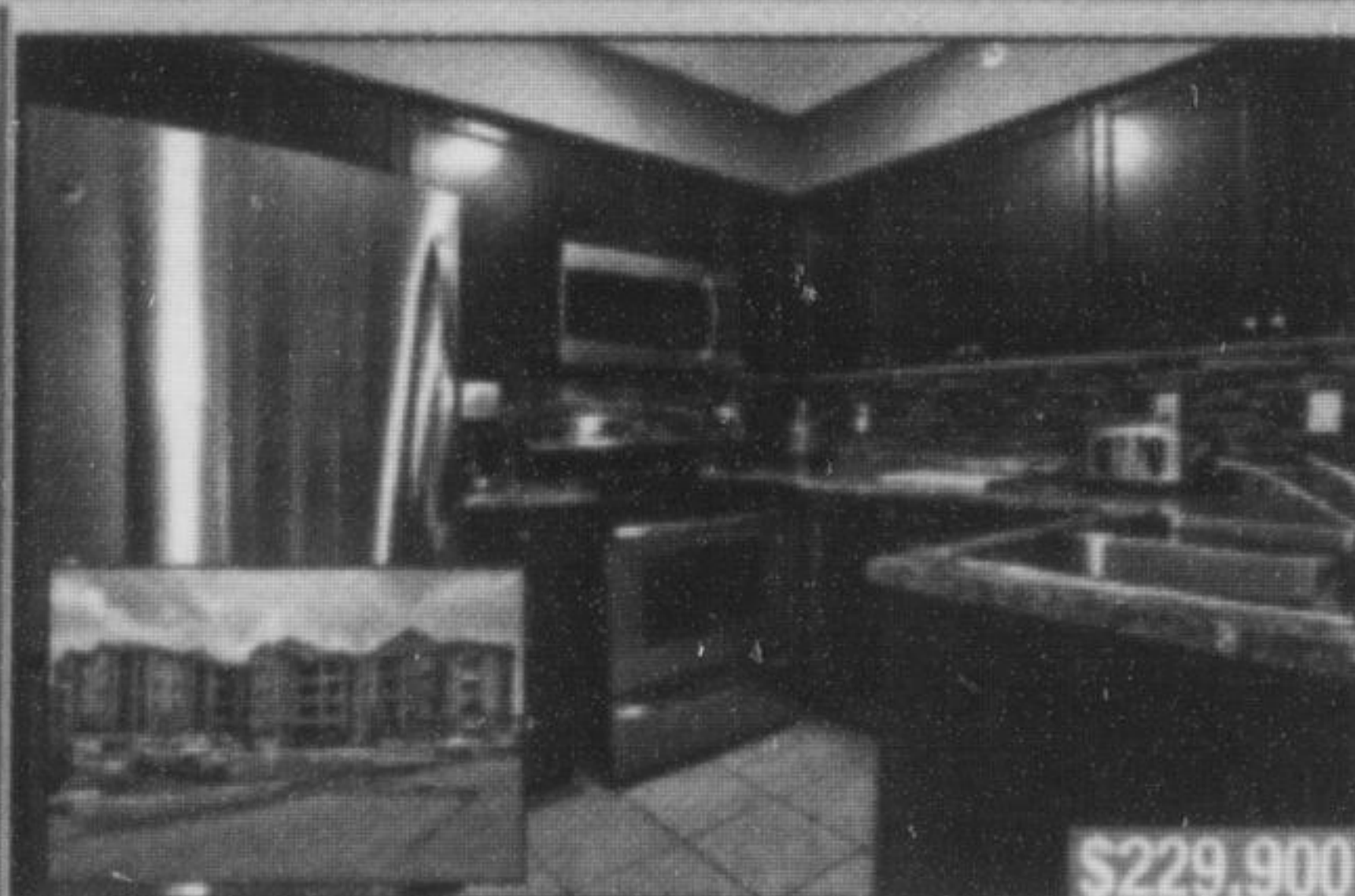


Huge 60' x 110' Lot!
824 Hemlock Drive, Milton

Upgraded 4 brm, 2 1/2 bath home with finished basement, quiet street & large private 60'x110' lot! Main floor family room with hardwood & WB fireplace. Updates include roof, furnace, windows, most flooring / baseboards, elec panel, MF laundry, large master with WI closet & full ensuite. Private spacious backyard with large deck, 4-car driveway & double garage. Short walk to schools, parks, amenities & GO. Spotless, well cared for home in quiet uncrowded neighbourhood. For photos & virtual tour go to www.mls.com (MLS # 2054102) or scan QR code below.



DONNA STARK
Sales Representative
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donnastark01@gmail.com



1 Bedroom + Den

6 mths new Milton condo apartment, 1 brm + den, upgraded kitchen with stainless steel appliances, south-facing balcony on 3rd floor, underground parking & low condo fees! Convenient location, quick access to Hwy 401. Perfect starter for young couple or someone wanting to downsize.



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Lighten up with a quick and healthy dinner

(NC)—Busy schedules do not always leave sufficient time for healthy eating, but if you plan ahead with easy-to-prepare and versatile recipes, you can make smart meal choices that are nutritious too. This simple chicken skillet dish gives you the option of using fresh or frozen vegetables and is ready to enjoy in only a few minutes. Flavoured with a ginger-soy sauce and lightly sweetened with naturally-sourced stevia (steviol glycosides), it offers a zesty mealtime solution perfect for busy weeknights or entertaining. Keep calories and sugar at bay with additional recipes available online at www.purevia.com/canada.

Gingered Chicken with Vegetables

Makes 1 serving (251 g or 9 oz.)

Ingredients: 1-1/2 tsp (5-7 mL) vegetable oil, divided 1 4-ounce skinless chicken breast, cut into thin strips 1/4 cup (60 mL) red pepper strips 1/4 cup (60 mL) sliced fresh mushrooms 4 fresh pea pods, horizontally cut in half 2 tbsp (30 mL) sliced water chestnuts 1 tbsp (15 mL) sliced green onion 3/4 tsp (4 mL) grated fresh ginger root 1/4 tsp (1 mL) minced fresh garlic 2 tbsp (30 mL) plus 2 tsp (10 mL) reduced-fat, reduced-sodium chicken broth 3/4 packet Pure Via zero calorie sweetener 1-1/2 (5-7 mL) tsp light soy sauce 1 tsp (5 mL) cornstarch 1/2 tsp (2 mL) dark sesame oil

Preparation: 1. Heat 3/4 tsp vegetable oil in small skillet over medium-high heat. Stir-fry chicken until no longer pink; remove chicken from skillet. Heat remaining 3/4 tsp vegetable oil in skillet. Add red peppers, mushrooms, pea pods, water chestnuts, green onion, ginger root and garlic. Stir-fry mixture 3 to 4 minutes until vegetables are crisp-tender. 2. Meanwhile, combine chicken broth, sweetener, soy sauce, cornstarch and sesame oil until smooth. Stir into skillet mixture. Cook over medium heat until thick and clear. Stir in chicken; heat through. Serve over hot cooked rice, if desired.

Nutritional information per serving

(251 g or 9 oz.)

Calories: 300

Sodium: 380 mg

Total Fat: 13 g

Carbohydrates: 10 g

Cholesterol: 84 mg

Protein: 33 g



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