



“creating a village in the city”

Please Contact Us

We are located in the community room at  
 Kortright Hills Public School  
 23 Ptarmigan Drive Guelph, ON N1C 1B5  
 519.993.5264 [khng@bellnet.ca](mailto:khng@bellnet.ca) [www.khng.ca](http://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.

July 2015 issue

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

KHNG Presents

# “SUMMER CHILL Night”

**F** Join us behind Kortright Hills Public School **E**  
**R** to receive a “**Summer Chill Treat**” on us!! **V**  
 (Come rain or shine!! Rain venue KHNG community room) **E**  
**E** Limited summer treats available, come early!! **N**  
**E** Wednesday August 12, 2015 **T**



6:00 pm to 8:00 pm



It's a different interpretation of the word "grounded".

Kids join Scouts- for amazing experiences they can't find  
 Anywhere else-. Scouts is the start of something great.  
 Find out how to become a Scout today!

Register now for the 2015/2016 Scouting year.

Beavers	ages 5-7	meet Mon 6:30-7:30
Cubs	ages 8-10	meet Wed 6:30-8:00
Scouts	ages 11-14	meet Tues 7:00-8:45
Venturer	ages 14-17	meet Mon 7:00-8:45

Email: [26thguelph@w.scouters.ca](mailto:26thguelph@w.scouters.ca) to register or for more info.



REGISTER ONLINE TODAY!  
[Scouts.ca](http://Scouts.ca) 1-888-855-3336

For more information email [khng@bellnet.ca](mailto:khng@bellnet.ca) or call 519.993.5462 or visit [www.khng.ca](http://www.khng.ca)



# Garden Fresh Box



Garden Fresh Box is a non-profit produce buying program that provides you with affordable fresh fruit and vegetables, while supporting local farmers!!

EVERYONE IS WELCOME to participate in the Garden Fresh Program

### How it works:

- ⇒ ORDER by the first Tuesday of each month
- ⇒ PICK-UP on the third Wednesday of the month between 5-7pm
- ⇒ Typical boxes contains 9-14 vegetables and 2-5 types of fruit
- ⇒ LARGE Box \$20, SMALL Box \$15

### WEBSITE:

<http://www.guelphchc.ca/pages/healthy-living/food-health/garden-fresh-box>

*KHNG is your local host site order your Garden Fresh Box Today!!*  
Email: [khng@bellnet.ca](mailto:khng@bellnet.ca)

### Order and Pick Up Dates:

Order & Pay By:	Pick-Up
Tues June 30th	Wed July 15th
Tues Aug 4th	Wed Aug 19th
Tues Sept 1st	Wed Sept 16th



## KHNG Presents KASP

FALL KASP PROGRAM!!

(Kortright After School Program)

### "Welcome to KASP"

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 - Sept 8 to Dec 17, 2015  
 Cost: \$11 per day  
 (cheques payable to Kortright Hills Neighbourhood Group)



### Welcome to KASP!!

You have been invited to attend (KASP) Kortright After School Program! During each KASP session we continue to teach your children proper manners, provide a healthy snack and teaching your children safe food preparation, small educational science experiments, crafts and 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 are able to volunteer in the program for any or all of the sessions.

To Register

Email Leone at [khng@bellnet.ca](mailto:khng@bellnet.ca) for a registration form.

**Limited Spaces Available, Register Today!!**



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

Official KHNG website Check it out!!

Register and become a member

Our website offers:

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

*Become a member, register now!!*

Join KHNG on Facebook



[facebook.com/groups/KortrightHillsNG](https://facebook.com/groups/KortrightHillsNG)

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

Follow us on Twitter  @KhngHills



Friday July 3rd  
Movie at Market Square Downtown Guelph  
9-11pm FREE Presentation: Madagascar

Friday July 17th  
Movie at Market Square Downtown Guelph  
9-11pm FREE Presentation: Despicable Me

Friday August 7th  
Movie at Market Square Downtown Guelph  
9-11pm FREE Presentation: The Mighty Ducks

Friday August 21st  
Movie at Market Square Downtown Guelph  
9-11pm FREE Presentation: Kung Fu Panda

Friday September 11th  
Movie at Market Square Downtown Guelph  
9-11pm FREE Presentation: The Princess Bride

**FREE MOVIE'S SPONSORED BY:**





"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.

# Summer 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: Program cancelled for July and August. 1st meeting in September.



**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. Registration is available in all sections for the 2015/2016 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
- Venturer 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.

## LOCAL FALL FAIRS



**Aug. 17 to Sept. 3, CNE** - The 134th Canadian National Exhibition, Exhibition Place, Toronto, 10 a.m. to 10 p.m. daily. Admission \$16 for 14 to 59 years, \$12 for 60 years plus, children five to 13 years \$12, children four and under free and family pass \$48. [theex.com](http://theex.com)

**Sept. 7 to 9, Georgetown Fall Fair** - The 166th annual Georgetown Fall Fair has horse shows, 4-H shows, dairy cattle, arts and crafts, culinary arts, pet show, tractor pulls, rides, demolition derby and midway. Admission is \$15 for a weekend pass, \$5 Friday and Sunday, \$8 Saturday, \$3 for children ages seven to 12, and free for children six and younger. Open 4 to 11 p.m. Friday, 7 a.m. to 11 p.m. Saturday and 8 a.m. to 5 p.m. Sunday. Fairgrounds are north of Highway 11, at 1 Park Ave., Georgetown. [georgetownfallfair.ca](http://georgetownfallfair.ca)

**Sept. 14 to 16, Fergus Fall Fair** - The 176th annual Fergus Fall Fair features midway, lawn tractor pull, antique and classic car show, pedal pull and exhibits. Hours are 7 p.m. to 9 p.m. Thursday for the midway, 9 a.m. to 9 p.m. Friday and Saturday, and 10 a.m. to 5 p.m. Sunday. Admission to evening shows is \$13. Saturday and Sunday daytime admission is \$7, \$3 for children six to 10, and free for children five and younger. A weekend pass is \$25. Parking inside the gates \$5. Fairgrounds are at Centre Wellington Community Sportsplex, 550 Belsyde Ave., Fergus. [fergusfallfair.ca](http://fergusfallfair.ca)

**Oct. 5 to 8, Rockton World's Fair** - The Rockton Agricultural Society welcomes you to the **161st Rockton World's Fair with demolition derbies, midway, 4-H, horse shows, pie eating contest, and helicopter rides.** The dairy show is Friday at 1 p.m. Hours are Friday 4 p.m. to 10:30 p.m., Saturday 9 a.m. to 10:30 p.m., Sunday 9 a.m. to 8:30 p.m., and Monday 9 a.m. to 5 p.m. Admission \$13, \$5 for children six to 15, children five and under are free. Family rate on Sunday is \$30 for two adults and up to four children. Fair is on Highway 8. [rockton-worldsfair.com](http://rockton-worldsfair.com)

**Oct. 8 to 12, Erin Agriculture Fair** - Ontario's Preview to the Royal", Home crafts, Ag. Awareness Display, Livestock & Horse Shows, Tractor, Truck & Horse Pulls, Demonstrations, Live Entertainment, Concessions, Demo Derby, Midway - Robertson Amusements Ltd., Giant Pumpkin Weigh Off, Equine Tent. 190 Main Street, Hwy 124 [www.erinfair.ca](http://www.erinfair.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:

- \* Planning of upcoming events (Summer Chill Night, Boonanza and events for 2016 etc.)
- \* Becoming a leader with our Scout Group
- \* Volunteering with KHNG



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 to attend KHNG upcoming Events:

KHNG Monthly meeting/social:

Thursday July 16, 2015    Thursday August 20, 2015  
Thursday September 17, 2015

- \* Garden Fresh Box Pick Up - Wed Jul 15, Aug 19, Sept 16, 2015
  - \* Summer Chill Night - Wednesday August 12, 2015
  - \* KHNG Youth Nights - Fri July 17, August 7 and 21, 2015 multi sport drop in night Kortright Hills Public School Gym
  - \* Boonanza - October Date and details to be announced

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!



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## FREE TIM SWIMS

Sponsored by your Guelph Tim Hortons and the City of Guelph. Open to all ages.

Lyon Leisure Pool - 5-8pm  
Wednesdays - July 1 - August 12, 2015  
Sundays - July 5 - August 16

Victor Davis Pool - 2-4pm  
Thursdays - July 3 - August 8, 2015

West End Community Centre - 2-4pm  
Fridays - July 3 - August 28, 2015



## HOT SUMMER NIGHTS CHILL OUT WITH THE GUELPH FIRE DEPARTMENT

Learn about fire safety and accident prevention. Meet emergency responders. Check out fire trucks, police cars and ambulances.



DATE	TIME	LOCATION
July 9, 2015	6:30-7:45 p.m.	MARGARET GREENE PARK
July 23, 2015	6:30-7:45pm	EXHIBITION PARK (NEAR WADING POOL)
August 6, 2015	6:30-7:45pm	WAVERLEY DRIVE PARK (NEAR SPLASH PAD)
August 20, 2015	6:30-7:45pm	RIVERSIDE PARK (NEAR CAROUSEL)



Kortright Hills resident  
since 1989



Independently owned and operated

“Buying my first home was a daunting task, but Linda made it *simple* and *easy*. ”

-Claire Braden

“Without her we would not be in the home we *love* so much today! ”

-Amelia Morris & Clarke Mattany

Get my advice on how to get your home market ready.  
For a professional complimentary Market Evaluation call  
Linda today at 519-760-0008 or email at [linda@cbn.on.ca](mailto:linda@cbn.on.ca)

# LINDA MAIN

 | Sales Representative

Discover the benefits of using your neighbourhood realtor

Office: 519.821.3600 | Cell: 519.760.0008 | @LindaTMain



KORTRIGHT HILLS  
NEIGHBOURHOOD  
GROUP  
NEW PHONE NUMBER  
519.993.5264



## KHNG YOUTH NIGHTS!!

**FREE** Multi-Activity Nights

Youth: 8+ Years Old 7:00 pm - 9:00 pm

Kortright Hills Public School Gym

**Friday July 17, 2015**

**Friday August 7, 2015**

**Friday August 21, 2015**

All welcome, bring your friends & family for a night of fun.

**BRING IDEAS FOR PROGRAMS IN YOUR COMMUNITY.**

Healthy snacks provided!!

For more info:

KHNG@bellnet.ca or www.khng.ca



## GUELPH SPLASH PADS – FREE!

Open daily June 20 – September 7, 2015.

- Hanlon Creek Park - 10 a.m. – 7 p.m.
- Norm Jary Park - 10 a.m. – 7 p.m.
- Waverley Park - 10 a.m. – 7 p.m.
- West End Community Centre  
Monday to Friday 10 a.m. – 7 p.m.  
Saturday/Sunday 10 a.m. – 4:30 p.m.

Interactive Water Feature - Market Square



## Wonderful Variety of Nature Gifts for the Birds



### Give The Best!

Our bird feeding products are designed by experts.

We provide trusted local advice on how to attract our local birds.



951 Gordon St (@Kortright)  
Guelph, Ontario  
519-821-2473  
guelph.wbu.com



**No-Mess**  
bird seed blend  
attracts all the birds  
with NO MESS.

### Introduce...

someone to bird feeding with our Flying Start™ Combo.

### Solutions...

Protect your bird seed bounty from squirrels with our Eliminator™ bird feeder.



Also beautiful nature gifts for people who care for the birds:

Bird Baths  
Decorative Garden Items  
Wind Chimes  
Jewelry  
Books & Binoculars



## 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 October 2015. 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@w.scouters.ca](mailto:26thguelph@w.scouters.ca)

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

#### Interested in joining BEAVERS, CUBS, SCOUTS, VENTURERS...

Register now & take advantage of our new discounted rate. The 26<sup>th</sup> Guelph Scouting Group meets at the Kortright Hills Public School gym.

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

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

For more details contact Paul 519-821-6948 or

email: [26thguelph@w.scouters.ca](mailto:26thguelph@w.scouters.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.

### Convert Your VHS to DVD

VHS to DVD conversion service. I'll convert your old VHS, mini DVC tapes and 8 mm tapes to a DVD. Only \$10/tape (up to 2 hours) or \$15/tape including chapters, titles and transitions. One quarter the price of larks! I'm earning money to go to a Me to We take action camp this summer. Contact 519-823-8185 or [ridpath@golden.net](mailto:ridpath@golden.net).

### Makin' Faces Face Painting/Infinite Body Arts!!

Makin' Faces Face Painting/Infinite Body Arts Face Painting & body art plus henna, jagua, glitter, belly painting & airbrush tattoos. With an awards winning & insured Crew of specialty artists we can accommodate events of all sizes from birthday parties to festivals. 519-942-7539 [infinitebodyarts@gmail.com](mailto:infinitebodyarts@gmail.com) or [makinfaces@gmail.com](mailto:makinfaces@gmail.com)



### Guelph Farmers Market

The Guelph Farmers Market has been a focal point of the downtown for over 180 years and remains a place where farm fresh fruit and vegetables can still be purchased. It continues to be a community place where families come to shop for quality meats, cheese, produce, baked goods, preserves, and delicious foods prepared by the vendors. Our farmers work hard and proudly sell the fruits of their labour while our customers enjoy the one-on-one relationship with the producer. During the winter months the majority of the market activity is conducted from within the market building while our summer market extends to the outside and includes the Market parking lot. Market hours every Saturday 7am to 12noon year round.



Contact KHNG:

[www.khng.ca](http://www.khng.ca) \* [khng@bellnet.ca](mailto:khng@bellnet.ca) \* 519-993-5264



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### Want to Advertise in KHNG Quarterly Newsletter:

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## Kortright Hills Classifieds Continued!!



Community Room Available!!

Do you have an idea for an:  
Event  
Program  
Social

that may interest others in the  
Kortright Hills Neighbourhood?

Ask KHNG about using the community room!

Call Leone 519.837.0974 or e-mail: khng@bellnet.ca

Contact KHNG:

www.khng.ca \* khng@bellnet.ca \* 519-837-0974

Want to Advertise in KHNG Newsletter

KHNG Newsletters January, April, July and October 2015

Sponsorship Suggested Rate Scale:

Full page ad, graphics, logo and border	
\$100.00 for Newsletter	\$50.00 for Website
Half page ad, graphics, logo and border	
\$50.00 for Newsletter	\$25.00 for Website
Quarter page ad, graphics, logo and border	
\$25.00 for Newsletter	\$15 for Website
Business card size, graphic, logo and border	
\$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 April 2015!!	

# Caruso Clinic

~Personalized  
Natural Health Care  
~Removing Barriers to  
Good Health through  
Dietary Guidance,  
Homeopathy and  
Nutrition  
~16 Years Experience



**Do you suffer from low energy, pain and illness  
and want to use a natural approach to good health?**

Call us today to see how we can help. Caruso Clinic, Guelph Ontario,  
519.827.9237 [www.heathercaruso.com](http://www.heathercaruso.com)

## SUMMER SAFETY TIPS:

A safe community starts with a safe home. Protect yourself and your family with these home safety tips from our investigative support services:

### COMMUNITY SAFETY

- Get to know your neighbours.
- Be aware of strangers.
- Leave keys and contact numbers with neighbours for when you are away.
- Keep up appearances of your homes; it will be less attractive to criminals.
- Call 911 if you see any suspicious activity around your neighbourhood. Example: people in your backyard, checking your cars, door-to-door salesman.

### ALARM SYSTEMS

- If you are installing an alarm system make sure to use a credible company, do your homework first. Ensure the alarm company has all the emergency contact/key holder information if you are away. Find out more about alarm systems.

### EXTERIOR LIGHTING

- Install more lights that cover more area all the way around the house. Motion sensors are a good idea.

### LOCKS

- Ensure that there are deadbolts on all the doors to the residence. If there are sliding patio doors make sure that there are working locking mechanisms on them.

### REDUCE YOUR RISK WHILE ON VACATION

- Lock Your Doors!!
- Hire a House Sitter!!!
- Avoid Spreading the Word on the Web
- Put the lights on timers
- Pull the Plug on all appliances to save power and protect against power surges
- Turn Off The Water
- Secure Valuables - Consider Extra Security Such as Alarms



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GUELPH  
POLICE  
SERVICE  
PRIDE  
SERVICE  
TRUST

COLOUR  
ME!!

## Seasonal Safety Tips

### July:

Make sure you buckle up and obey the rules of the road. Please remember to use fireworks responsibly this month

### August:

It's hot out there, make sure you lock your vehicles and homes at night to prevent thefts.

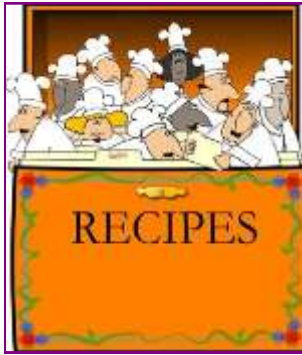
### September:

School's back in, may sure you stop for school buses and watch out for students walking to and from school.





# Kortright Hills Recipe Corner!!



*"creating a village in the city"*

## Vintage Lemonade

### Ingredients:

- 5 Lemons
- 1 1/4 cups white sugar
- 1 1/4 quarts water



### Directions:

Peel the rinds from the 5 lemons and cut them into 1/2 inch slices. Set the lemons aside. Place the rinds in a bowl and sprinkle the sugar over them. Let this stand for about one hour, so that the sugar begins to soak up the oils from the lemons. Bring water to a boil in a covered saucepan and then pour the hot water over the sugared lemon rinds. Allow this mixture to cool for 20 minutes and then remove the rinds. Squeeze the lemons into another bowl. Pour the juice through a strainer into the sugar mixture. Stir well, pour into pitcher and pop it in the fridge! Serve with ice cubes.

## Balsamic Bruschetta

### Ingredients:

- 8 plum tomatoes, diced
- 1/3 cup chopped fresh basil
- 1/4 cup shredded Parmesan cheese
- 2 cloves garlic, minced
- 1 tablespoon balsamic vinegar
- 1 teaspoon olive oil
- 1/4 teaspoon kosher salt
- 1/4 teaspoon freshly ground black pepper
- 1 loaf French bread, toasted and sliced



### Directions:

In a bowl, toss together the tomatoes, basil, Parmesan cheese, and garlic. Mix in the balsamic vinegar, olive oil, kosher salt, and pepper. Serve on toasted bread slices.

## Mom's Cucumber Salad

### Ingredients:

- |                                     |                                     |
|-------------------------------------|-------------------------------------|
| 1 cup mayonnaise                    | 1/4 cup white sugar                 |
| 4 teaspoons distilled white vinegar | 1/2 teaspoon dried dill weed        |
| 1/2 teaspoon seasoned salt          | 4 medium cucumbers, peeled & sliced |

### Directions:

In a large bowl, stir together the mayonnaise, sugar, vinegar, dill, and seasoned salt. Mix in the cucumber slices, tossing to coat.



## Creamy Tomato-Basil Soup

### Ingredients:

- |                                    |  |
|------------------------------------|--|
| 1/4 cup butter                     | 1/4 cup olive oil                              |
| 1 1/2 cups chopped onions          | 3 pounds tomatoes - cored, peeled, & quartered |
| 1/2 cup chopped fresh basil leaves | Salt to taste                                  |
| Ground black pepper to taste       | 1 quart chicken broth                          |
| 1 cup heavy cream                  | 8 sprigs fresh basil for garnish               |

### Directions:

Heat the butter and olive oil in a large pot over medium heat. Stir in onions and cook until tender. Mix in tomatoes and chopped basil. Season with salt and pepper. Pour in the chicken broth, reduce heat to low, and continue cooking 15 minutes.



Transfer soup to a blender (or use a immersion hand blender), and blend until smooth. Return to the pot, and bring to a boil. Reduce heat to low, and gradually mix in the heavy cream. Pour soup through a strainer before serving. Garnish each serving with a sprig of basil.

## Stuffed Zucchini

### Ingredients:

- |                                    |                                |
|------------------------------------|--------------------------------|
| 3 zucchini                         | 1 pound pork sausage           |
| 1 cup dry bread crumbs             | 1 clove garlic, minced         |
| 1 (32 ounce) jar spaghetti sauce   | 1/2 cup grated Parmesan cheese |
| 1/2 cup shredded mozzarella cheese |                                |

### Directions:

Preheat oven to 350 degrees F (175 degrees C).

Trim stems from zucchini and slice lengthwise. Scoop out seeds and put in bowl. Mix seeds with sausage, garlic, bread crumbs, and parmesan cheese. Stuff squash with sausage mixture and place in 9 x 13 inch baking pan. Pour sauce over squash and cover pan with foil.



Bake in preheated oven for 45 minutes, or until sausage is cooked. Remove foil and cover with mozzarella cheese. Cook until cheese is melted.

# Kortright Hills Recipe Corner!!



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## Slow-Cooker Pepper Steak

### Ingredients:

2 pounds beef sirloin, cut into 2 inch strips  
Garlic powder to taste  
3 tablespoons vegetable oil  
1 cube beef bouillon  
1/4 cup hot water  
1 tablespoon cornstarch  
1/2 cup chopped onion  
1 large green bell peppers, roughly chopped  
1 (14.5 ounce) can stewed tomatoes, with liquid  
3 tablespoons soy sauce  
1 teaspoon white sugar  
1 teaspoon salt



### Directions:

Sprinkle strips of sirloin with garlic powder to taste. In a large skillet over medium heat, heat the vegetable oil and brown the seasoned beef strips. Transfer to a slow cooker. Mix bouillon cube with hot water until dissolved, then mix in cornstarch until dissolved. Pour into the slow cooker with meat. Stir in onion, green peppers, stewed tomatoes, soy sauce, sugar, and salt. Cover, and cook on High for 3 to 4 hours, or on Low for 6 to 8 hours.

## Zesty Slow Cooker Chicken Barbecue

### Ingredients:

6 frozen skinless, boneless chicken breast halves  
1 (12 ounce) bottle barbeque sauce  
1/2 cup Italian salad dressing  
1/4 cup brown sugar  
2 tablespoons Worcestershire sauce



### Directions:

Place chicken in a slow cooker.

In a bowl, mix the barbecue sauce, Italian salad dressing, brown sugar, and Worcestershire sauce.

Pour over the chicken.

Cover, and cook 2 to 4 hours on High or 6 to 8 hours on Low.

## Donut Muffins

### Ingredients:

1/2 cup white sugar  
1/4 cup margarine, melted  
3/4 teaspoon ground nutmeg  
1/2 cup milk  
1 teaspoon baking powder  
1 cup all-purpose flour  
1/4 cup margarine, melted  
1/2 cup white sugar  
1 teaspoon ground cinnamon



### Directions:

Preheat oven to 375 degrees F (10 degrees C). Grease 24 mini-muffin cups.

Mix 1/2 cup sugar, 1/4 cup margarine, and nutmeg in a large bowl. Stir in the milk, then mix in the baking powder and flour until just combined. Fill the prepared mini muffin cups about half full.

Bake in the preheated oven until the tops are lightly golden, 15 to 20 minutes.

While muffins are baking, place 1/4 cup of melted margarine in a bowl. In a separate bowl, mix together 1/2 cup of sugar with the cinnamon. Remove muffins from their cups, dip each muffin in the melted margarine, and roll in the sugar-cinnamon mixture. Let cool and serve.

## Raspberry Icebox Cake

### Ingredients:

24 graham crackers, crushed  
1/3 cup butter  
1/4 cup packed brown sugar  
1 (6oz) package raspberry Jell-O mix  
1 cup boiling water  
15 ounces frozen raspberries  
20 large marshmallows  
1/3 cup milk  
1 cup heavy whipping cream, whipped



### Directions:

Preheat oven to 350 degrees F (175 degrees C).

Mix graham cracker wafer crumbs, butter and brown sugar until well combined. Set aside 1/4 cup of this mixture for a topping and press the remainder into one 9 x 13 inch pan.

Bake at 350 degrees F (175 degrees C) for 10 minutes. Set aside to cool.

Dissolve raspberry gelatin in the boiling water and add the frozen raspberries, stirring until melted. Chill until partially set and spread on wafer base.

Melt marshmallows with the milk. When cool, fold in whipped cream and spread on top of raspberry mixture. Sprinkle with remaining crumbs. Chill for 3-4 hours before serving.