



"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  
[kortrighthillsng@gmail.com](mailto:kortrighthillsng@gmail.com) [www.khng.ca](http://www.khng.ca)

### Our Boundaries

**North** – Downey and Niska Rd from Hanlon to Niska Bridge -  
 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.

January 2023 issue

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



# THE GOOD GAMES & FRIENDS HOLIDAY TRAIN

guelph  
neighbourhood  
SUPPORT  
COALITION

TRAVELLED FROM KORTRIGHT HILLS COMMUNITY TO OTHER  
PARTS OF GUELPH SUNDAY DECEMBER 4TH





# KHNG WOULD LIKE TO THANK OUR MANY SPONSORS FROM OUR 2022 CONTESTS & EVENTS. WE WISH EVERYONE A HAPPY, HEALTHY NEW YEAR 2023!



KHNG is pleased to offer "Cobs Bread Program". Feel free to pick up items for your family or a family you know in need. Some items that may be available are loaves of bread, pizza, croissants, pastries (when available).

Cobs end of day giving program, bakeries connect with community by helping every left over item at the end of the day find a home. It makes Cobs a real part of the community and helps reduce food waste.

Cobs items will be picked up once a month and delivered to the KHNG Community Room 23 Ptarmigan Dr. (entrance is last door on right off of north parking lot) to be sorted & bagged.

If you would like to volunteer to bag and distribute Cobs products please contact kortrighthillsng@gmail.com



## Cobs Bread Program



Jan, Feb & Mar 2023 Pick Up

Dates & Hours:

- Sun Jan 22nd & 29th - 8 to 9pm
- Sun Feb 5th & 26th - 8 to 9pm
- Sun Mar 5th & 26th - 8 to 9pm

\*\*\* Please note dates above may change. Confirmed dates will be posted on our Facebook group page and sent out via email. Please contact Leone by email kortrighthillsng@gmail.com if you have any questions \*\*\*

Location:

KHPS 23 Ptarmigan Dr. - Community Room (side entrance off of north parking lot of school, last door on right)

- PLEASE BRING YOUR OWN RESUABLE BAGS.
- We ask that you practice social distancing. Masks are optional.



Thank You  
Vanessa Duszczyn  
For Sponsoring  
The Cobs Bread  
Program at KHNG

## 2022 Real Estate Year in Review

All data from Guelph District Association of Realtors (GDAAR)

Homes Sold	Average Sale Price	List to Sale Price Ratio	Average Days on Market
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### Kortright Hills

64 ▼ 7.25% compared to 69 in 2021	\$1,109,680 ▲ 12.98% compared to \$982,195 in 2021	100% ✓ from 108.2% compared to 2021	36 ▲ from 12 compared to 2021
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### City of Guelph

2,286 ▼ 23.9% compared to 3,004 in 2021	\$800,827 ▲ 7.93% compared to \$741,967 in 2021	100% ✓ from 105.9% compared to 2021	20 ▲ from 15 compared to 2021
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Call or text to find out how we can help you reach your Real Estate goals in 2023!



**VANESSA DUSZCZYSZYN**

Realtor® | LIVING AND WORKING IN KORTRIGHT HILLS  
RE/MAX Real Estate Centre Inc. Brokerage

Direct: 519-993-7355

vanessad@remaxcentre.ca



LOCAL MARKET EXPERTISE	SERVICE AND SUPPORT YOU CAN COUNT ON	STRONG COMMUNITY CONNECTIONS
------------------------	--------------------------------------	------------------------------



# Kortright Hills Community Photos Captured



## The number of trick or treaters that came to your street?

Ptarmigan near Downey - 100 to 123  
 Ptarmigan near Niska - 60 to 70  
 Ptarmigan near Trendell - 51  
 Weir - 67  
 Mallard - 50  
 Downey - 1  
 Trendell - 15  
 Tanager - 40 to 50  
 Merganser - 40 to 50  
 Milson - 85 to 90  
 Peer - 65  
 Berry - 60 to 70  
 Chartwell - 16  
 Carnaby - 40 to 50



## Community Food Pantry

KHNG is looking to support families in our community during the upcoming holiday season and throughout the year. A small food pantry with non perishable items is located in the community room.

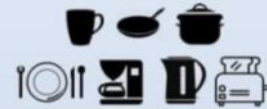
Please consider making a donation of non perishable items to keep our pantry stocked or make a donation of a gift card so that we can pass along to family members to purchase what is needed for their family. Any inquiries, please reach out to Leone, KHNG NSW by emailing: [kortrighthillsng@gmail.com](mailto:kortrighthillsng@gmail.com). Let's make this holiday season memorable for all in need.



We are looking for items to be donated to new families



Bunk bed frames & sewing machines are top priority items that are needed.



additional items

Toasters    Pots and pans    Measuring cups    Dish racks  
 Kettles    Dish sets    Baking sheets    clothing iron  
 Coffee makers    Plates and bowls    Cutting boards    ironing boards

Please contact [DanbyRefugeeProgram@gmail.com](mailto:DanbyRefugeeProgram@gmail.com) if you would like to donate any of these items to the furniture warehouse.

Make sure your meter and external appliance exhaust vents are not blocked by snow or ice. This could lead to serious risks including a buildup of carbon monoxide in your home or business #ClearYourMeter.



Don't forget to  
 #ClearYourMeter





"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 Scout Group, Kortright Hills Public School and the GNSC. Your support for our neighbourhood is greatly appreciated!

**Stay Informed:**

To get email updates of our neighbourhood events delivered to your inbox, please send your request to [kortrighthillsng@gmail.com](mailto:kortrighthillsng@gmail.com). Visit our website, Facebook group or page telling you of upcoming events, programs and workshops.

## Winter Info!



### REGISTER TO ATTEND A SCOUTS CANADA PROGRAM NEAR YOU

Programs are STEM based  
To join contact Paul by email:  
[paul.schadenberg@scouts.ca](mailto:paul.schadenberg@scouts.ca)



Beavers	ages 5-7	meet Mon 6:30-7:30
Cubs	ages 8-10	meet Wed. 7:00-8:30
Scouts	ages 11-14	meet Tues 7:00-8:45
Venturers	ages 14-17	meet Tues 7:00-9:00

### 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:

\*\*\* Please note that several events & programs have been cancelled or virtual until further notice. Check the KHNG facebook page & emails for any updates in the near future. \*\*\*

- \* Planning of upcoming events
- \* Becoming a leader with 26th Scout Group
- \* Volunteering with KHNG

If these or similar opportunities are of interest to you, contact us today at [kortrighthillsng@gmail.com](mailto:kortrighthillsng@gmail.com)

Your help is needed – call or e-mail us today!!



### KHPS New Times for 2023

Mark your calendars, below are the student days off of school for both boards.



#### Upper Grand District School Board

(H-Statutory Holiday P-Professional Activity Day B-Board Designated Holiday E-Exam Day)

##### Elementary Calendar:

January 2-6 (B), 27 (P)

February 20 (H)

March 3 (P), 13-17 (B)

##### Secondary Calendar:

January 2-6 (B), 26-31 (E)

February 1 (E), 2 (P), 20 (H)

March 3 (P), 13-17 (B)

#### Wellington District Catholic School Board

(H-Statutory Holiday P-Professional Activity Day B-Board Designated Holiday E-Exam Day)

##### Elementary Calendar:

January 2-6 (B), 27 (P)

February 20 (H)

March 3 (P), 13-17 (B)

##### Secondary Calendar:

January 2-6 (B), 25-31 (E)

February 1-2 (P), 20 (H)

March 3 (P), 13-17 (B)



### Want to Advertise in KHNG Newsletter

#### KHNG Newsletters January, April, July and October 2023

##### 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 Apr 2023!!**

**\*\* KHNG OFFICE \*\***

**IS OPEN UPON REQUEST  
TO REACH OUR STAFF PLEASE  
EMAIL: [kortrighthillsng@gmail.com](mailto:kortrighthillsng@gmail.com)**



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*Welcome!*

*Thank You!*

*Stay Informed:*

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A special 'thanks' goes to all of our volunteers and community partners, 26th Guelph Scout Group, Kortright Hills Public School and the GNSC. Your support for our neighbourhood is greatly appreciated!

To get email updates of our neighbourhood events delivered to your inbox, please send your request to [kortrighthillsng@gmail.com](mailto:kortrighthillsng@gmail.com). Visit our website, Facebook group or page telling you of upcoming events, programs and workshops.

## Winter Info!

### Action Read Early Literacy Program:

Join us for **FREE** literacy and numeracy programs! Enjoy story-time, number and language games, songs, rhymes, word play, puzzles, crafts and nutritious snacks. Gain ideas, tips and resources for early literacy activities at home. Caring and nurturing staff, qualified in Early Childhood Education.

Programs operate on a 'first come, first serve' basis in locations throughout Guelph. They are open to parents or caregivers with children aged newborn to 6 years. Register at the program site.

For more information, or to check if a site is full, please call 519-836-2759. **KHNG site is Monday's - 9:00 am to 12:00 pm.**



Children's Reading Room (CRR) is a non-profit family resource centre that promotes early literacy & a love of reading.



KHNG introduces a **FREE** program in the community room the 4th Thursday each month beginning March to promote literacy.

### We are a kiosk location for the: Children's Reading Room

Each time you visit the KHNG Children's Reading Room Kiosk, your child(ren) will go home with a **FREE** children's book!

It's theirs to keep, read, love, and cherish, no need to return their book. Families are welcome to come, browse our book selection, read to your child(ren). Then each child can select up to 2 books which interest them to take home to their own library. All books have been approved and donated by the CRR. New sections of books will be offered, once our current selection is low. So return as often as you like.

Reading is the gateway skill to so much knowledge. Research indicates that children who have their own personal libraries at home, which are truly their own, enjoy books, read earlier, read more often, are more likely to pursue post-secondary education and continue to read throughout their life.

**Children's Reading Room**  
Address: 210 Silvercreek Pkwy N Guelph, ON, Canada N1H 7P8  
Website: <https://childrensreadingroom.org/>  
Email: [info@childrensreadingroom.org](mailto:info@childrensreadingroom.org)

### CRR Circle Time Schedule 9:30 to 10:30AM In the Community Room at KHPS 23 Ptarmigan Dr.

**March 23rd**  
Circle Time with Joanna from the Children's Reading Room

**April 27th**  
Circle Time with Joanna from the Children's Reading Room

**May 25th**  
Circle Time with Joanna from the Children's Reading Room

**June 22nd**  
Circle Time with Joanna from the Children's Reading Room

Mark Your Calendars & Join Us!

**Feel Free To Drop By**  
Monday's 6:30 to 7:30pm  
or  
Tuesday's 7:00 to 8:00pm

To view our Children's Reading Room Kiosk book options to take one home to your personal library.



**KHNG**  
**Help**  
**Wanted**

### KHNG Treasurer Volunteer Position Available Immediately

As a member of the  
Kortright Hills Neighbourhood Group Committee  
Responsibilities include:

- Oversee monthly and year end reporting
- Prepare yearly budgets
- Attend monthly meetings and present financial updates
- Attend GNSC Neighbourhood Group meetings as required

If interested please send your resume  
by email to [kortrighthillsng@gmail.com](mailto:kortrighthillsng@gmail.com)

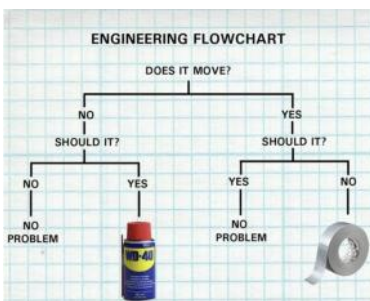
## 😄 KHNG GIGGLE CORNER.... 😄

my favorite  
childhood memory  
is my back  
not hurting

Pre internet chat room using  
An old version of windows...



I know it's tragic the  
WiFi isn't working, but  
let me tell you a story  
of a tragic moment  
from my childhood







**Share Community News In The KHNG Newsletter:**  
**KHNG** sends an electronic newsletter, four times a year, next issue is April 2023. Want to advertise your business? Want to share your favourite recipe? Write an article of interest? Or are you a student looking to offer your services (i.e. babysitting, shoveling snow, cutting/raking the lawn). Send your information by E-mail to: [kortrighthillsng@gmail.com](mailto:kortrighthillsng@gmail.com). This is a great way for Kortright Hills Neighbours to come together by sharing thoughts, talents & services with our community neighbours.

## Kortright Hills Community News!



**Minions Display on Wagoners Trail** As featured in Guelph Christmas Lights Map, 22 Wagoner's Trails is a highly recommended house to see. Homeowner David has made his front yard featured an army full of Minions. Here's a glimpse of how it started.

**How long have you lived in Kortright Hills?** *We have lived in the neighbourhood for over 32 years!*

**When did you start decorating your front yard with Minions?** *It all started when I got a minion toque with the Despicable Me II DVD. That was 2013. I saw two inflatable minions at Canadian Tire and it kind of has exploded from there.*

**How many Minions do you have?** *Easter - 6; Thanksgiving - 2; Halloween - 30; Christmas - 90+*

**Where do you buy them?** *I search for them at Lowes, Home Depot, Canadian Tire and Walmart, but there is a very limited selection in Canada, I find 80% of them in the United States.*

**How long in total does it take to blow them up?** *And assemble them in the front yard? Thank goodness they self-inflate, and it takes only seconds. Christmas takes 3 full days to set up.*

**Has any been blown away or stolen?** *Wind is not our friend. We've had the odd one rip from strong winds. When we get freezing rain or wet, heavy snow, then we have to go out and shake the ice or snow off them.*

**How many other houses on your street also have Minions decorated on their front yard?** *Five of our neighbours asked us to set up our extra minions on their lawns.*

**What is your favourite Minion decoration?** *The snow cone truck with its lineup of minions is probably my favourite although I like them all.*

**Do you decorate the Minions for Halloween and Easter?**

*We have specific minions for Easter, Thanksgiving and Halloween*

**Last but not most important question - why Minions? Why not?**

*They are funny and silly, and you can't help but smile when you see them! I like to see the little kids faces light up when they see hem. I've been told some kids make their parents drive them by everyday on the way home from school or day care!*



### *KHNG Asking for Support*

Have you missed Eggstravaganza, Summer Chill Night and Booonanza as much as we have? KHNG IS BACK to offering in person events, programs and socials within our community. We are so excited to be back, so that we can connect in person with our great community. KHNG is continuing to look for sponsorship for our in person gatherings. If you can support our events, programs or socials with a gift item please contact us by email to arrange delivery or if you have a monetary donation please submit by e-transfer to [kortrighthillsng@gmail.com](mailto:kortrighthillsng@gmail.com) (no password needed) If you have any questions please do reach out to Leone by email [kortrighthillsng@gmail.com](mailto:kortrighthillsng@gmail.com) KHNG sends a huge thank you to those who generously donated to our virtual/online contests over the last two years. This was greatly appreciated in helping keep our KHNG community connected. Watch your emails, we have a couple more virtual contests to offer before the new year.

### *Join the Mollison Park Rink Crew*

It is almost time for work on the rink at Mollison Park to begin! This year, we are looking for additional community volunteers to help with the building and maintenance of the rink. We will begin when the temperatures remain low (mid-late December) by levelling off the snow, marking off the skating area and flooding. If you are interested in learning how to build a rink and would like to assist with maintaining it this year, [please fill out this form](#). If you have any questions, please email [mollisonrink@gmail.com](mailto:mollisonrink@gmail.com).

**[Sign-up to join the Mollison Park Rink Crew](#)**





# Kortright Hills Community News Cont'd!



## 26th Scout Spring Craft Fair

**26TH  
GUELPH SCOUTS  
SPRING CRAFT FAIR**  
KORTRIGHT HILLS PUBLIC SCHOOL  
23 PTARMIGAN DR. GUELPH

**FREE ADMISSION**

**SATURDAY  
MARCH 25TH  
10:00 AM - 3:00 PM**

Featuring many vendors with an array  
of fabulous gift ideas for your spring & summer wants!

\* SILENT AUCTION \* REFRESHMENTS \*  
\* BAKED GOODS \*

Want to be a Vendor, click on the below link:  
<https://forms.gle/oKrqEJB54SbZS9Np9>

## KHNG Eggstravaganza

MARK YOUR CALENDARS TO ATTEND  
KHNG 5TH ANNUAL "EGGGSTRAVAGANZA"



## KHNG Pet Corner



**Name:** Holly & Ozzie

**Age:** Holly is 11 years old Ozzie is 1.5 years old

**Breed:** Holly is a shih tzu/bichon frise &  
Ozzie is a shih tzu/coton de tuleur

**Family:** Barb & Gabe Ferrazzi

**Where to find me in the community:**  
Mollison Park, on the trails off  
Hazelwood or at the forest off Niska

**Fave treat:** rotisserie chicken



## 26th Guelph Scouting Group

**Attention:** We are looking for volunteers to  
help run our scouting programs: Beaver Scout,  
Cub Scout, Scouts, Venturer Scout  
If interested please contact Paul  
Group Commissioner of the 26th Guelph  
Scout Group: [paul.schadenberg@scouts.ca](mailto:paul.schadenberg@scouts.ca)



It starts with Scouts.

## KHNG Boonanza

Thanks to our sponsors (Mosborough Farms, Once Upon a  
Child, [Vanessa Duszczyszyn](#), Coldwell Neumann Banker,  
ward 6 councillors Ken Yee Chew & [Dominique O'Rourke](#),)  
for making Boonanza another spectacular Halloween  
event!! Until next year!!





# Kortright Hills Community News Cont'd!



## In Our Community... "Giving Tuesday"

On a particular Tuesday morning, local residents and grade 9 students Noah, Brianna and Acadia had given away free hot chocolate to children and parents who were heading to school. Here is some information about this event.



**What is it about?** *It's about doing something for others for no reason other than to give. Sometimes people want to give money so we'll collect donations to give to the Guelph Humane Society. But there are no obligations to give a donation.*

**What do they give out?** *We give out hot chocolate to the kids and parents on their way to school in the morning.*

**When (date & time)?** *We do it on giving Tuesday which is celebrated on the Tuesday after the US Thanksgiving holiday, after Black Friday and Cyber Monday. It's a day to focus on giving instead of getting.*

**Why are they doing this?** *It's just a little something we can do to make someone else's day a little brighter.*

**Where is the location?** *We do it from the driveway of Noah's house on Ptarmigan Drive near KHPS.*

**Any future dates of doing this again?** *The next Giving Tuesday is on November 28, 2023. However, there is a rumour something special might be in the works for the spring!*

**What activities are they doing to fulfill their compulsory volunteer hours?** *Noah has volunteered with the Jazz Festival and Boonanza. He also volunteers as a keyboard player on one of the Lakeside church Sunday morning music teams. Brianna has volunteered at the KHNG Ice Cream Social and Acadia has volunteered at the Ice Cream Social and cleaning garbage bins at CCVI.*



**snow angels**  
from pin Guelph

A volunteer snow removal service for seniors and persons with disabilities  
(519) 822-1155

Are you a senior or person(s) with disabilities living in the Kortright Hills area needing assistance with snow removal? Residents eligible to receive this service needs to meet the following criteria:

- Must reside in the City of Guelph in a single dwelling or semi-detached house with private driveway.
- Are unable to remove their own snow and cannot afford to pay for snow removal.
- Have no able-bodied person living in the household to shovel snow.
- Must be a senior citizen (aged 65 years or older) and/or have a physical disability.

Are you a high school student looking to complete your 40 hour community service requirement? You can volunteer to be a Snow Angel if you meet the following criteria:

- Volunteers will be responsible for clearing snow at driveway entrances left by snow plows.
- Anyone 14 years of age or older may volunteer for the program. Volunteers will be required to complete a screening process and complete a registration form.



"creating a village in the city"

## Community Ways to Recycle

Don't throw out your wire hangers!!

K Drycleaners (located in the same Hartsland Plaza as Zehrs) is accepting your unwanted wire hangers for recycling



## Community Ways to Recycle

Seeking:

**DONATIONS**  
of...

**Reusable Grocery Bags**  
**New Can Openers**

Tuesdays from 10-11am  
Chalmers Downtown (41 Macdonell St.)

Wednesdays from 12-1:30 pm  
Chalmers West (portable at 577 Willow Rd.)

**Egg Cartons**

Wednesdays from 12-1:30 pm  
Chalmers West (portable at 577 Willow Rd.)

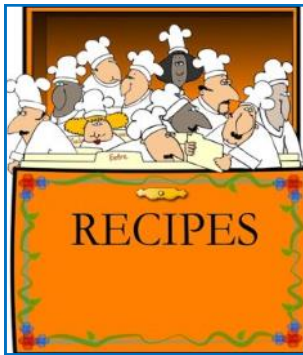
Thank you!



# Kortright Hills

## Recipe

### Corner!!



*"creating a village in the city"*

#### Deviled Chicken Thighs

##### Ingredients:

Vegetable oil, for the baking sheet  
2 tablespoons unsalted butter  
2 cloves garlic, chopped  
1 cup Dijon mustard  
1/2 teaspoon cayenne pepper  
1 1/2 cups panko  
3/4 cup freshly grated Parmesan  
1/4 cup chopped fresh chives (or parsley)  
2 teaspoons paprika  
8 small bone-in chicken thighs (about 2 1/2 pounds), skin removed Kosher



##### Directions:

1. Position a rack in the center of the oven; preheat to 425 degrees F. Lightly oil a rimmed baking sheet.
2. Combine the butter and garlic in a large microwave-safe bowl. Cover with plastic wrap and microwave to melt the butter, about 1 minute. Whisk in the Dijon and 1/4 teaspoon of the cayenne.
3. In another large bowl, combine the panko, Parmesan, chives, paprika and the remaining 1/4 teaspoon cayenne. Sprinkle the chicken thighs with 1/2 teaspoon salt. Dip the chicken in the mustard mixture to coat and roll in the panko on all sides. Arrange on the prepared baking sheet so the pieces do not touch.
4. Bake on the center oven rack until the coating is browned and crispy and the chicken is no longer pink near the bone, about 40 minutes.
5. Transfer to a large platter and serve.

#### Greek Spinach Penne Regate Pasta Salad

##### Ingredients:

2 Cups Penne Regate Noodles  
3 Cups Baby Spinach  
1/2 Cup Sliced Onion  
1/2 Cup Sliced Black Olives  
1 Cup Chopped Tomato  
3/4 Cup Crumbled Feta



##### Directions:

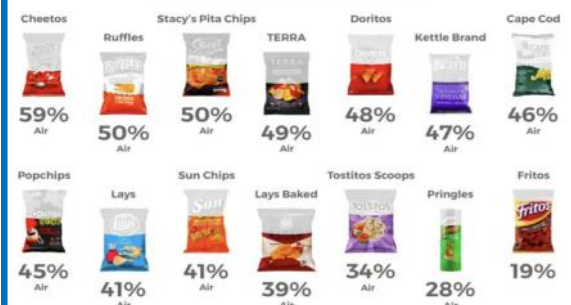
1lb Pan Fried Steak Strips or protein of your choice (also works with Chicken, Shrimp, Lamb or Pork)

Renee's Greek Dressing, Mix Together and Serve

Submitted by Karen – Kortright Resident

#### National Potato Chip Day is March 14th

##### Percent of Air Per Bag of Chips



#### Smashed Potatoes

##### Ingredients:

1 1/2 lbs small yellow-fleshed potatoes	1/4 cup olive oil	1 tsp butter at room temperature
2 tblsp balsamic vinegar	3 cloves garlic, minced	1 tsp dried rosemary
1/2 tsp dried sage	1/2 tsp ground thyme	1/2 tsp dried savory
1/2 tsp sea salt	1/2 tsp ground black pepper	

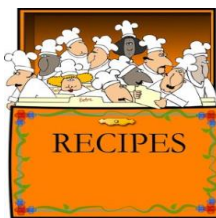


**Directions:** Place potatoes in a saucepan, fill with water to cover the potatoes, and bring to a boil. Reduce heat to a simmer, and cook the potatoes until tender but not mushy, about 20 minutes. Drain and allow potatoes to cool. While potatoes are cooking, combine olive oil, butter, balsamic vinegar, garlic, rosemary, sage, thyme, savory, sea salt and pepper in a bowl. Stir with a fork to combine well. Preheat an oven to 450 degrees F (230 degrees C). Line a baking sheet with parchment paper. Place the potatoes in a single layer on the prepared baking sheet, and lightly press down on the potatoes to partially crush them. Spoon the oil-herb mixture over each potato. Bake in the preheated oven until the edges of the potatoes are beginning to crisp, about 25 minutes. Cool for about 5 minutes before serving.

*"Cooking is an expression that crosses boundaries"*



# Kortright Hills Recipe Corner!!



"creating a village in the city"

## White Cranberry Walnut Nutmeg Fudge



### Ingredients:

- 1 teaspoon butter
- 3 cups white chocolate chips
- 1 (14 ounce) can sweetened condensed milk
- $\frac{1}{3}$  cup butter
- 2 teaspoons rum flavoring
- 1 teaspoon vanilla extract
- $\frac{1}{4}$  teaspoon ground nutmeg, or to taste
- 1 cup sweetened dried cranberries (such as Craisins®)
- 1 cup walnut pieces

### Directions:

Grease a 9-inch square pan with 1 teaspoon butter.

Combine white chocolate chips, sweetened condensed milk, and  $\frac{1}{3}$  cup butter in a microwave-safe bowl. Heat in the microwave until white chocolate starts to melt, about 3 minutes. Stir until smooth. Continue to microwave in 30-second intervals, stirring after each interval, until chocolate is completely melted.

Stir rum flavoring, vanilla extract, and nutmeg into the white chocolate mixture. Fold in cranberries and walnut pieces. Pour fudge into the buttered baking pan, spreading it evenly into the corners.

Let fudge cool until set, 8 hours to overnight.

## Big Red HEINZ Ketchup Cake



### Ingredients:

- 2 cups flour
- 2 tsp. baking powder
- 1 tsp. baking soda
- 1-1/2 tsp. ground cinnamon
- 1/2 tsp. ground ginger
- 1/2 tsp. ground nutmeg
- 1/2 cup **HEINZ Tomato Ketchup**
- 1/2 cup water
- 1 Tbsp. red food coloring
- 1-1/2 cups butter, softened, divided
- 1-1/2 cups packed brown sugar
- 2 eggs
- 6 oz. ( $\frac{3}{4}$  of 8-oz. pkg.) **PHILADELPHIA Cream Cheese, softened**
- 1 tsp. vanilla
- 4 cups powdered sugar

### Directions:

Heat oven to 350°F. Spray 2 (9-inch) round pans with cooking spray. Line bottoms of pans with parchment.

Combine flour, baking powder, baking soda and spices; set aside.

Mix ketchup, water and food coloring in separate bowl until blended.

Beat  $\frac{3}{4}$  cup butter and brown sugar in large bowl with mixer until light and fluffy. Blend in eggs, 1 at a time.

Add flour mixture alternately with ketchup mixture, mixing well after each addition. Pour into prepared pans.

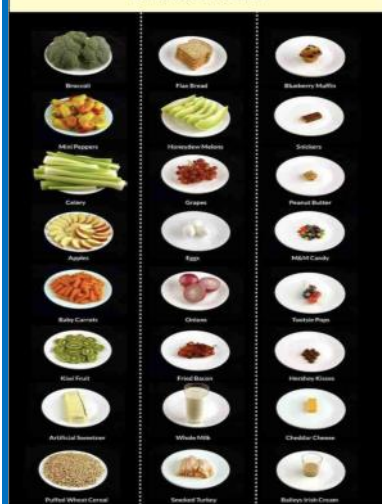
Bake 30 min. or until toothpick inserted in centers comes out clean.

Cool cakes in pans 10 min. Remove from pans to wire racks; cool completely.

Beat cream cheese, vanilla and remaining butter in large bowl with mixer until blended. Gradually add powdered sugar, beating well after each addition. Beat on high speed until light and fluffy.

Stack cake layers on plate, filling and frosting with cream cheese mixture.

## What 200 Calories Look Like in Different Foods



## Homemade Hot Apple Cider

### Ingredients:

- 6 cups apple cider
- $\frac{1}{4}$  cup real maple syrup
- 2 cinnamon sticks
- 6 whole cloves
- 6 whole allspice berries
- 1 orange peel, cut into strips
- 1 lemon peel, cut into strips

### Directions:

Pour apple cider and maple syrup into a large stainless steel saucepan.

Place cinnamon sticks, cloves, allspice berries, orange peel, and lemon peel in the center of a square of washed cheesecloth; fold up the sides of the cheesecloth to enclose the bundle, then tie it up with a length of kitchen string. Drop the spice bundle into the cider mixture.

Place the saucepan over moderate heat for 5 to 10 minutes, or until cider is very hot but not boiling. Remove cider from the heat. Discard the spice bundle. Ladle cider into big cups or mugs, adding a fresh cinnamon stick to each serving if desired.

