

Feel good about eating this poutine

A whole month later and Canada's 150th is still being celebrated, so why not continue it with a good old Canadian delicacy? Poutine is something the nation will always be proud of. Wonderful gravy and cheese curds burning your hands as you grab another fry. H

Here's what might be a bit of a healthier and trendier poutine that you might want to try this summer.

Feta and Sweet Potato Poutine

Ingredients

- 1 cup Krinos feta, crumbled
- 425 g frozen sweet potato fries
- 1 cup low sodium chicken or vegetable stock
- ¼ cup small red onion, thinly sliced
- 1 handful each fresh parsley and oregano, rinsed and finely chopped
- 1/2 cup cocktail tomatoes, chopped
- Salt and pepper
- Lemon wedge for garnish

Gravy

- 2 tbsp unsalted butter
- 2 tbsp flour
- 1 tsp dried basil
- 1 tsp oregano
- 1 tsp dried thyme

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- ½ tsp onion powder
- ½ tsp garlic powder
- 1 tsp ground black pepper

Instructions

1. Pre-heat oven to 425°F. Line a baking sheet with foil and lay out fries. Cook fries for 20-25 minutes until golden brown.

2. In a small bowl stir together Greek seasoning spices and herbs.

3. In a small sauce pan over medium high heat melt butter and whisk in flour. Continuously whisk and slowly pour in stock and add remaining gravy seasonings, cook for 3 minutes until thickened.

4. To assemble: layer cooked fries with feta into two bowls and spoon gravy over top. Add tomatoes, pickled onions and herbs on top of fries. Garnish with a fresh lemon wedge and herbs. Season with salt and pepper to taste.

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Photo provided by Krinos Foods Canada



Giving old furniture a second chance at life

Summer usually inspires many homeowners to redecorate one or several rooms in their homes. Does your outdated dresser make you cringe? Do your stained pillows leave you feeling embarrassed every time you have company? Do your bedside tables clash with the delicate, romantic design that you have in store for your bedroom? Before donating your old furniture to charity or leaving it by the roadside, consider upgrading its look instead.

The idea is simple: give your old pieces of furniture a fresh new look by changing the colour, adding decorative elements (new knobs, stenciling, etc.) or giving them a new purpose altogether. One of the best things about reconditioning your old household objects is the money you'll save. Needless to say that restoring your current furniture is significantly less expensive than buying brand-new items.

For example, wooden chairs that are still solid but showing signs of wear (chipped paint, stained or torn seat cushions, etc.) are not automatically condemned to the junkyard. All you need to do is sand, repaint and reupholster the seats with a fabric that complements your dining room décor. (NPT)



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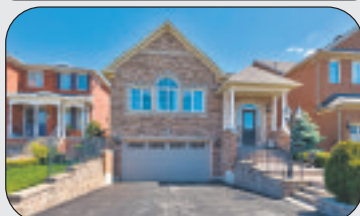
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