



# KATE VANDERBURGH

SALES REPRESENTATIVE

905 338 3737

[KATEVANDERBURGH.CA](http://KATEVANDERBURGH.CA)

JEFF MONSINGER, Broker



OAKVILLE | BURLINGTON | MISSISSAUGA | BRAMPTON | CALEDON



SPRAWLING 4 LEVEL SIDESPLIT ON PRIVATE 100' x 158' RAVINE LOT



2246 ORCHARD ROAD, BURLINGTON - \$1,549,000

Reno'd top to bottom! 4+1 bed/2.5 bath, large deck & salt water pool



2300 UPPER MIDDLE RD W. #315

\$799,900 - Glen Abbey



LUXURIOUS 2250 SF TOP FLOOR SUITE, STEPS TO SHOPS & LAKE



205 LAKESHORE ROAD W. #409 - \$1,525,000

3+1 bed/3.5 bath, gourmet kit, 2 balconies + 1 Juliette & rooftop patio



CHARMING FAMILY HOME IN SOUGHT AFTER BRONTE



2094 THORNLEA DRIVE, BRONTE - \$899,000

4 bed/2.5 bath, Cal. shutters, hrdwd, gas FP, fin bsmt & large deck

## THINKING OF SELLING?

Get a jump start on the spring market!

- Staging Consultation
- Decluttering Service
- Professional Int./Ext. Photos
- Virtual Tour & Aerial Photos
- Proven Marketing Plan
- 24hr Concierge Service

Call today for a market update & home evaluation **FREE** from obligation!

ROYAL LEPAGE REAL ESTATE SERVICE LTD., BROKERAGE



Kate Vanderburgh Team consists of three licensed sales representatives & one broker

Contact your Real Estate Agent to find out how to showcase your home in Oakville Beaver Real Estate & Homefinder.ca

Advertorial

## Plant-based eating will be the 2018 trend

A plant-based diet consists primarily of foods derived or made from plants such as fruits, vegetables, legumes and nuts. It also includes vegetable or plant-based oils, like Becel. Plant-based diets may also include meat, eggs, fish and dairy, but to a lesser extent. Plant-based eating offer numerous health benefits, including lowering the risk of heart disease, diabetes, high blood pressure and obesity.

Try this simple recipe and see just how easy it is to incorporate plant-based meals into your weekly routine.

### Lentil and Mushroom Stew

#### Ingredients:

- 2 tbsp (30 mL) Becel Salt-Free margarine
- 1 medium onion, chopped
- 2 stalks celery, chopped
- 2 medium carrots, chopped
- 1 medium zucchini, chopped
- 8 ounces (250 g) cremini mushrooms, sliced
- 3 cloves garlic, finely chopped
- 1/4 tsp (1 mL) ground red pepper
- 2 1/2 cups (625 mL) water
- 2 cups (500 mL) fat-free reduced-sodium vegetable broth
- 1 can (411 g) diced tomatoes
- 1 cup (250 mL) lentils, rinsed and drained
- 1 tbsp (15 mL) balsamic vinegar

#### Directions:

1. Melt margarine in large saucepot and cook onion, celery, carrots, zucchini and mushrooms over medium heat, stirring occasionally until vegetables are tender; about 8 minutes.
2. Stir in garlic and ground red pepper, stirring frequently for 1 minute.
3. Stir in water, broth, tomatoes and lentils, and bring to a boil over high heat.
4. Reduce heat to low and simmer covered until lentils are tender; about 55 minutes. Stir in vinegar. (NC)

Contact Kate Vanderburgh, sales representative for Royal LePage Real Estate Services Ltd., Broker at 905-338-3737 or by email at [kate@katevanderburgh.ca](mailto:kate@katevanderburgh.ca).

KATE'S KORNER



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419 STANFIELD RD • \$2,998,000

NEW HOME, MATURE NEIGHBOURHOOD  
4+1 BEDRM, 5 BATH, REC ROOM W/ GAS FP,  
BEDRM, 5 PC BATH AND WET BAR



\$2,388,888

DESIRABLE SW OAKVILLE POCKET  
95'X150' LOT. 3000 SF + FIN. BSMT  
20'X40' POOL. RENOVATED INTERIOR



234 ALISON CRES • \$1,436,000

4+1 BEDROOMS, 4.5 BATHROOMS ON  
SUPERB LOCATION IN LAKESHORE  
WOODS. FULLY FINISHED LOWER LEVEL.



OPEN HOUSE SAT/SUN 2-4

3296 SUMMERSET COURT • \$1,189,000

4 BEDRM, 2.5 BATH. COURT LOCATION  
BACKING ONTO PARK/WOODED TRAIL  
MOVE IN READY!



1176 FALGARWOOD DR • \$819,988

OUTSTANDING 54.0 X 126.63 RAVINE  
LOT. FAMILY FRIENDLY QUIET  
NEIGHBOURHOOD.