

Father's Day barbecue bites: 'Garden Dog'

This Father's Day weekend get out your grill and cook up a spin on a classic outdoor summer fun recipe. This new take on a barbecued hotdog is bound to impress dad.

Ingredients

- 1 package of Greenfield Hot Dogs
- 1 package of hot dog buns
- 1 avocado, sliced
- 2 baby cucumbers
- 1 red onion, diced
- 1 pint cherry tomatoes, cut into quarters
- 4 tbsp (60 mL) yellow mustard
- 4 tbsp (60 mL) chili mayo
- 2 leaves of basil torn

Instructions

Cook the hotdogs as per directed on the package.

In a bowl, combine the cherry tomatoes, cucumbers, red onion, basil,

KATE'S KORNER



Royal LePage Real Estate Services Ltd.

greenfieldmeat.com

Contact Kate Vanderburgh, sales representative for Royal LePage Real Estate Services Ltd., Broker at 905-338-3737 or by email at katevanderburgh@sympatico.ca.

chilli mayo. Season with salt and pepper.

Once the hotdogs are cooked, place each in a toasted bun. Top with the tomato cucumber salad, slices of avocado and drizzle with yellow mustard and serve.

For more recipes visit www.



Cool kids' rooms

With your kids home for the summer months, try including them in a fun design project that you'll both benefit from, such as redecorating their bedrooms.

Since young children seem to grow faster than the speed of light, it's important to provide a space that is easily adaptable through the various stages of growing up. Sharon Grech, colour and design expert at Benjamin Moore, offers tips on how to achieve this.

Invest in pieces that last. Redecorating can get expensive, so consider spending more of your budget dollars on enduring furniture items such as dressers and other storage solutions. Let them have fun without overdoing it. Your five-year-old has a passion for princesses now but might not appreciate a glittery, pink princess room in a few years. Empower kids to make decisions on easily replaceable and more affordable items, like adhesive decals and bedding. "At school age, kids start to have an

opinion on their room and this is a good opportunity to let them express themselves," recommends Grech. "Lamps, posters, throw pillows and bedding are great ways to reflect their personalities without breaking your budget."

Incorporate versions of their favourite colours. "Your kid's favourite colour is likely to change as often as they do, and the big, bright colour they love might completely overwhelm the space," explains Grech. Instead, she advises incorporating their favourite colour on the walls, but with a neutral spin. If your child loves blue, try Early Morning CC-818. For pink, she suggests Pink Moire CC-158. For purple, Blue Viola CC-940. Any time you are painting a kid's room or nursery, consider using Benjamin Moore Natura, which has zero VOCs and is certified as asthma & allergy friendly.

For more information at www.benjaminmoore.ca.

www.newscanada.com



KATE VANDERBURGH

SALES REPRESENTATIVE

905 338 3737

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