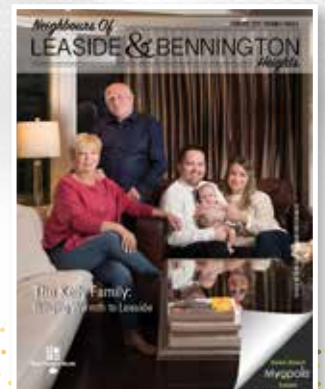


Neighbours Of LEASIDE & BENNINGTON Heights

MARCH 2018 | VOLUME 3 ISSUE 3



2nd Year
Anniversary
COVER PHOTOS BY DAVID WILLIAMS PHOTOGRAPHY

CHICKEN POT PIE

Recipe by Jordan King



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Not a pot pie person?
Try this one.
It could change your mind.

- 1 cooked rotisserie chicken, deboned and chopped
- 3 tablespoons olive oil
- 2 onions, chopped
- 1 pound carrots, chopped
- 1 heart of celery, chopped
- 2 crowns of broccoli, chopped
- 1 crown of cauliflower, chopped
- 1 bag frozen corn
- 1 bag frozen peas
- 3 cans cream of mushroom or cream of chicken soup
- 3 empty soup cans of milk
- Cajun seasoning to taste
- 2 packages of ready-made pie crust (be sure your packages come with a top and a bottom)

Heat oven to 375 degrees. Over medium heat, sauté onions, carrots, celery, broccoli and cauliflower in olive oil until tender. Add chicken, corn and peas until thawed and hot throughout. In a large bowl combine soup, milk, sautéed mix and Cajun seasoning to taste. Lay pie crust in the bottom of two separate pie

dishes. Evenly distribute pasty filling into the crusts. Cover each pie with its top piecrust and seal the edges by pressing down with a fork. Slice a hole in the top of the pie so bubbles can be seen when done. Place the sealed pies on a cookie sheet and cook for 35 minutes. Pies are done when the crusts are brown and the filling is bubbling.

Only need one pot pie? This recipe can be frozen. Wrap an intact pie in plastic wrap and then in foil and place in the freezer for up to one month. Or, just freeze the filling in a freezer safe container and add it to a piecrust whenever you are ready.

Yields: 2 pot pies
Prep time: 20 minutes
Cook time: 35 minutes



Be Informed Before You Sign

By Neil Kelly, J. Kelly's Heating

As a heating contractor I encounter some issues on repeat in our neighborhood:

1. New homebuyers that purchase without a site inspection from an HVAC professional only to find out that their new house contains a system that:
 - Has not been maintained properly and requires significant service
 - Is unsafe and has code violations.

A general home inspection frequently overlooks specific issues that relate to HVAC equipment. It is our recommendation that we are called in before purchases are made because often these issues can be diagnosed and the costs associated "transferred" to the seller so repair can be taken care of prior to your move in.
2. Renovations where the builder did not consult with a mechanical engineer for the HVAC design. We repeatedly see brand new equipment that needs to be replaced because it was undersized, or improperly installed, and therefore doesn't allow the equipment to function properly. In a lot of cases, this unfortunately leads to new drawings, purchases and installations.

Moral of the story...

Contact a qualified HVAC contractor prior to signing on the dotted line of a new purchase or renovation design.

Don't underestimate this step! Involve us early on.

Forcing mechanical designs to match a layout that has already been constructed can be extremely costly and have negative effects on the performance of the system.

We're here to help and happy to troubleshoot with you over the phone, be involved in your round table meetings, and site inspections.

Let us help you purchase and build with confidence.

Neil Kelly is a local Leaside contractor and owner of J. Kelly's Heating: 416-483-8077 or Neil@kellysheating.ca



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