



MARK'S MID-MONTH MAILER

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"We have the house of our dreams thanks to Mark... Mark knew exactly what we were looking for..." R. Dickin & S. Pettman

HOT, HEARTY, & DELICIOUS - IN JUST 15 MINUTES!



What could be better during the winter months than a bowl of hot soup? Maybe one that *takes only 15 minutes to prepare & with just 7 commonly-kept ingredients!*

SPEEDY ASIAN CHICKEN SOUP BOWLS

INGREDIENTS (serves 4)

- 1 cup (250 ml) instant brown rice, uncooked
- 1/4 cup (60 ml) Asian sesame dressing
- 2 tsp (10 ml) soya sauce
- 2 cups (500 ml) chopped cooked chicken
- 2 cups (500 ml) frozen stir-fry vegetables (baby corn, broccoli, mushrooms, red peppers, snow peas)
- 2 cups (500 ml) 25%-less-sodium chicken broth
- 2 cups (500 ml) water

PREPARATIONS

In *each* of 4 microwaveable soup bowls, combine 1/4 cup (60 ml) of rice, 1 tbsp (15 ml) of dressing and 1/2 tsp (2.5 ml) of soya sauce.

Add 1/2 cup (125 ml) of *each* of the remaining ingredients to each bowl. Stir. Cover with waxed paper.

Microwave on high 3 to 5 minutes or until soup is heated through. Carefully remove the hot filled soup bowls from the microwave. Let stand 5 minutes before serving.

Diabetes Food Choices - 1.5 Carbohydrates + 2.5 Meats & Alternatives + 1 Fats
Source: kraftcanada.com

DO YOU KNOW? Of anyone - family, friends, neighbours, or colleagues- who's considering making a move in the near future? If so, I'd welcome the opportunity to show them what I can do to make this a reality for them. Please call or email me.

JANUARY GARDENING TIPS

While researching topics for this month's mailer, I came across an **amazing website for Lower Mainland gardeners**. It is called "Gardener's Paradise" and it is written by a woman from Nanaimo, Shauna. The web address is: www.gardeningtips.org. Here are a few of the tips that she had for gardening in January:

- Plant heather, jasmine and other winter flowering shrubs now.
- Seed pansies, geraniums and other early flowers now.
- Plant your garlic now. Poke 4" deep holes in the ground with the end of a rake & drop a clove into each hole.
- Cover potted plants that were left outdoors. Plastic pots will become brittle and clay pots may crack when frozen.
- Keep the ash from your wood-burning fireplace & in the Spring, spread it in your garden. Scatter it around carrots, radishes & onions to keep root maggots away. It'll also improve the flavour of potatoes. Wood ash is high in potassium & will raise the pH level of the soil.

FROM OUR MORTGAGE SPECIALIST:

BARB McCAUGHERTY



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For more information about these and other mortgage options, **contact Barb at: 604-761-7565**
barbara.mccaugherty@rbc.com

Mark Stevens - RE/MAX Results Realty

20842 Lougheed Highway, Maple Ridge, BC V2X 2R3

Cell: 604-306-5478 | Direct: 604-463-1972 | Office: 604-467-0811

Fax: 604-466-8353 E-mail: mark.tmst@shaw.ca Website: www.themarkstevenssteam.com