

# Healthy in a Hurry

## 5 healthy and budget friendly make-ahead meals for the workweek

It's mid-week, you've had a busy day and you need a healthy meal for your family – fast. With our smart Sunday prep plan, you'll have five nutritious weeknight meals ready to go, all for under \$75! With dishes low in fat, calories and sodium and two delicious fish recipes to boost your Omega-3s, you can feel great about your week before it's even started.



### MONDAY

Curry Noodle and Fish Bowl



### TUESDAY

Oven Honey BBQ Chicken  
Spanish Couscous



### WEDNESDAY

Salmon and Lentil Burgers  
Raw Cooking Greens



### THURSDAY

Saucy Chicken Fajitas  
Avocado and Black Bean Salad



### FRIDAY

Spicy Vegetable and Lentil Pasta

### Grocery List

#### Produce

- 1 large tub Longo's Cooking Greens
- Longo's Fresh Mint
- 1 bunch fresh cilantro
- 1 hot house tomato
- 1 bunch parsley
- 1 lemon
- 1 beet
- Small piece fresh ginger
- 2 carrots
- 1 bunch green onions
- 1 avocado
- 3 bell peppers
- 1 pkg Longo's Sliced Mushrooms
- 1 lime
- 1 can Longo's Petite Cut Tomatoes
- 1 pkg Shanghai noodles

#### Seafood/Meat

- 300 g fresh Atlantic salmon fillet
- 2 fresh tilapia fillets
- 1 package of Value Pack Chicken Leg Quarters approx 2 kg

#### Bakery

- 1 pkg Longo's Flour Tortillas

#### Grocery

- 1 bag green or brown lentils
- 1 jar Longo's Passata (strained tomatoes)
- 1 can Longo's Coconut Milk
- 1 L sodium-reduced vegetable broth
- 1 pkg Longo's Couscous
- 1 can black beans
- 1 jar red curry paste
- 1 box gluten-free pasta

**Total cost \$71.41\***

For 5 meals, 4-6 servings per meal

### Pantry Items

#### Have

- Onions
- Dried Thyme
- Garlic
- Salt and Pepper
- Longo's Dried Oregano
- Chili Powder
- Longo's Spanish Paprika
- Ground Cumin
- Cayenne
- Longo's Crushed Chilies
- Italian Seasoning
- Longo's Honey
- Cider Vinegar
- Worcestershire Sauce
- Dijon Mustard
- Sodium-Reduced Soy Sauce
- Mayonnaise
- Longo's Extra Virgin or Canola Oil
- Grated Parmesan
- Hot Pepper Sauce

\*Menu plan price calculated in advance of publication and is based on 5 meals with 4-6 servings each. Prices may vary.

# Sunday Prep Plan

To view any of these as stand-alone recipes visit [Longos.com](http://Longos.com).

Pick a Sunday, then make our base recipes to get a head start on your meals for the week. Follow our time-saving tips and see how easy it is to make weeknight dinner prep a snap! By taking time on Sunday to prepare these recipes and steps you will enjoy a more relaxed meal preparation. Start here and then move to the day of the week to finish off the recipe.

## Prep Plan Overview

Prep time should take about 2 1/2 hours.

- Roast salmon and refrigerate
- Roast vegetables and freeze
- Bake chicken, remove pieces and some sauce for another recipe in the week and freeze; refrigerate remaining chicken
- Cook lentils
- Chop tilapia and vegetables and refrigerate

## Prep for Salmon and Lentil Burgers

**PREP 5 min COOK 10 min YIELD 1 fillet**

- 1 Atlantic salmon fillet, about 300 g
- 2 tsp Longo's Extra Virgin Olive Oil
- 1/2 tsp dried thyme or 1 1/2 tsp Longo's Chopped Fresh Thyme
- 2 cloves garlic, minced
- 1/4 tsp Longo's Fresh Ground Pepper

PLACE salmon on parchment paper-lined baking sheet and brush with oil. Sprinkle with thyme, garlic and pepper.

ROAST in preheated 425°F oven for about 10 minutes or until fish flakes when tested.

REMOVE skin from salmon and refrigerate.

## Roasted Vegetables

**PREP 5 min COOK 25 min YIELD 4 cups**

- 2 onions, sliced
- 3 sweet peppers, sliced (red, yellow, orange or green)
- 1 pkg (8 oz/227 g) Longo's Fresh Mushrooms, sliced
- 3 cloves garlic, minced
- 2 tbsp Longo's Extra Virgin Olive Oil

- 2 tsp Longo's Dried Oregano
- 1/4 tsp each salt and Longo's Fresh Ground Pepper

TOSS onions, peppers, mushrooms and garlic with oil, oregano, salt and pepper. Spread onto parchment paper-lined baking sheet.

ROAST in 400°F oven for about 25 minutes or until softened and golden.

LET cool. Separate and freeze 2 cups for Saucy Chicken Fajitas and 2 cups for Spicy Vegetable and Lentil Pasta.

## Cooked Lentils

**PREP 5 min COOK 20 min YIELD 3 cups**

- 3 cups water
- 1 cup green or brown lentils

BRING water to boil and add lentils. Cook for about 20 minutes or until tender but firm.

DRAIN well and let cool.

SEPARATE 1 cup for Wednesday's Salmon and Lentil Burgers and refrigerate. Freeze remaining for Friday's Spicy Vegetable and Lentil Pasta.

## Oven Honey BBQ Chicken

**PREP 10 min COOK 1 hr SERVES 6**

- 1 pkg (2 kg) Chicken Leg Quarters
- 1 jar (680 mL) Longo's Passata
- 1 small onion, finely diced
- 3 cloves garlic, minced
- 1/3 cup Longo's Liquid Honey
- 1/4 cup cider vinegar
- 1 tbsp Worcestershire sauce
- 1 tbsp chili powder
- 1 tbsp Dijon mustard
- 1 tsp hot pepper sauce

CUT chicken at joint and separate into thighs and drumsticks; set aside.

WHISK together passata, onions, garlic, honey, vinegar, Worcestershire, chili powder and mustard in a large 13 x 9 inch baking dish.

ADD chicken pieces to sauce and turn to coat evenly. Roast, uncovered, in preheated 375°F oven for about 1 hour or until chicken is no longer pink inside and internal temperature reaches 170°F (77°C).

REMOVE 4 thighs and 1 cup of the sauce and let cool until easy to remove meat from bones. Discard bones. Combine meat and 1 cup of sauce; freeze for Saucy Chicken Fajitas. Cover remaining chicken and sauce and store in the fridge for Tuesday's dinner.

## Prep for Curry Noodle and Fish Bowl

- 1-inch piece fresh ginger
- 1 carrot
- 2 cups cooking greens
- 2 fresh tilapia fillets (about 12 oz)

PEEL and slice ginger, thinly slice carrot, cover and refrigerate. Chop the cooking greens, cover and refrigerate.

CHOP tilapia fillets. Cover and refrigerate.



# Monday

Make noodle bowl.

## Curry Noodle and Fish Bowl

**PREP 10 min COOK 15 min SERVES 4-5**

- 1 can (398 mL) Longo's Light Coconut Milk
- 1 1/2 cups sodium-reduced vegetable broth
- 1 tbsp red curry paste
- 1-inch piece peeled and sliced ginger, (from Sunday)
- 2 cloves garlic, sliced
- 1 thinly sliced carrot (from Sunday)
- 1 pkg (400 g) precooked Shanghai noodles
- 2 cups chopped cooking greens (from Sunday)
- 2 tbsp sodium-reduced soy sauce
- 2 tbsp each chopped fresh mint and cilantro or basil
- 2 fresh tilapia fillets, chopped (from Sunday)

WHISK together coconut milk, broth and curry paste in saucepan. Add ginger, garlic and carrots and place over medium heat until steaming.

RUN noodles under water to loosen, then stir into pot. Add greens, soy sauce, mint and cilantro and cook, stirring, for about 4 minutes or until noodles are tender and vegetables are tender crisp.

ADD tilapia and cook for 4 minutes or until fish flakes when tested. Ladle into bowls to serve.

TIP: For curry lovers, increase the curry to 2 tbsp. If you want to heat things up you can stir in your favourite Asian hot sauce when serving. You can substitute rice noodles for the shanghai noodles as in our photo.

PER SERVING (1/4th recipe): 326 calories; 22 g protein; 10 g fat; 37 g carbohydrate; 3 g fibre; 7 g sugars; 796 mg sodium. A source of protein.

**Cost per Serving**  
**\$4.12**

# all that's good

"To limit your salt intake when cooking, add flavourful fresh vegetables and fruit along with sodium-reduced products, and Mother Nature's seasonings – onions, garlic, herbs and spices for less sodium and loads of flavour."



## Tuesday

Reheat chicken in oven.

Cook Spanish Couscous.

### Oven Honey BBQ Chicken

Reheat reserved chicken and sauce (from Sunday) in 375°F oven for about 30 minutes or until bubbly and heated through.

PER SERVING (1 piece of chicken with sauce): 221 calories; 25 g protein; 8 g fat; 12 g carbohydrate; 1 g fibre; 11 g sugars; 248 mg sodium. A source of protein.

### Spanish Couscous

PREP 5 min COOK 10 min SERVES 6

- 2 tsp Longo's 100% Pure Canola Oil
- 1 small onion, chopped
- 2 cloves garlic, minced
- 1 hot house tomato, chopped
- 2 tsp Longo's Dried Oregano
- 1 1/2 cups sodium-reduced vegetable broth
- 1 cup Longo's Couscous
- 2 tbsp chopped fresh parsley or green onions

HEAT oil in saucepan over medium heat and cook onions and garlic for 3 minutes.

STIR in tomatoes and oregano to coat. Add broth and bring to a boil. Remove from heat and stir in couscous.

COVER and let stand for 5 minutes. Sprinkle with parsley before serving.

PER SERVING: 137 calories; 4 g protein; 2 g fat; 26 g carbohydrate; 2 g fibre; 2 g sugars; 40 mg sodium. A source of protein. Also low in sodium, low in fat, a source of fibre, quick to cook.

**Cost per Serving**  
**\$2.58**

# Wednesday

Toss salad. Make burgers. Thaw chicken and sauce and roasted vegetables for tomorrow's fajitas.

## Raw Cooking Greens Salad

**PREP 5 min MARINATE 10 min SERVES 4**

- 8 cups Longo's Baby Cooking Greens
- 2 tbsp lemon juice
- 1 tbsp Longo's Extra Virgin Olive Oil
- 1 clove garlic, rasped
- 1/2 tsp salt
- 1 carrot, grated
- 1 beet, peeled and grated (optional)
- 3 tbsp chopped fresh parsley

RUB cooking greens by hand with lemon juice, oil, garlic and salt. Let stand for 10 minutes.

TOSS in carrots, beets, if using, and parsley to serve.

PER SERVING: 61 calories; 2 g protein; 4 g fat; 7 g carbohydrate; 2 g fibre; 1 g sugars; 412 mg sodium. A source of fibre.

## Salmon and Lentil Burgers

**PREP 5 min COOL 10 min COOK 8 min SERVES 4**

- 1 cooked skinless salmon fillet (about 300 g) (from Sunday)
- 1 cup cooked lentils (from Sunday)
- 1/3 cup light mayonnaise
- 3 tbsp chopped fresh cilantro
- 3 green onions, chopped
- 1 clove garlic, minced
- 1/4 tsp Longo's Fresh Ground Pepper
- 2 tsp Longo's 100% Pure Canola Oil

PULSE together salmon, lentils, mayonnaise, cilantro and onions in food processor until

combined. Stir in garlic and pepper. Shape mixture into 4 patties and refrigerate for 10 minutes.

HEAT oil in nonstick skillet and pan-fry burgers for about 8 minutes, turning once, until golden brown.

PER SERVING: 318 calories; 24 g protein; 19 g fat; 12 g carbohydrate; 2 g fibre; 1 g sugars; 209 mg sodium. A source of protein and fibre.

**Cost per Serving**  
**\$3.47**



# Thursday

Make salad. Prepare chicken fajitas. Thaw lentils and roasted vegetables for Friday's pasta.

## Avocado and Black Bean Salad

**PREP 5 min SERVES 6**

- 1 can (19 oz/540 mL) black beans, drained and rinsed
- 2 green onions, thinly sliced
- 1 avocado, diced
- 1 clove garlic, minced
- 2 tbsp Longo's Extra Virgin Olive Oil
- 1/2 tsp grated lime rind
- 2 tbsp lime juice
- 1/4 tsp ground cumin
- 1/4 cup chopped fresh cilantro

COMBINE beans, onions, avocado and garlic in large bowl. Stir in oil, lime rind and juice, cumin and cilantro until well-coated.

PER SERVING: 171 calories; 5 g protein; 10 g fat; 16 g carbohydrate; 6 g fibre; 2 g sugars; 6 mg sodium. A very high source of fibre.

## Saucy Chicken Fajitas

**PREP 10 min COOK 10 min SERVES 6**

- 2 tsp Longo's 100% Pure Canola Oil
- 1 small onion, chopped
- 1 clove garlic, minced
- 2 tsp chili powder
- 1 tsp Longo's Spanish Paprika
- 1/4 tsp each ground cumin and cayenne
- Reserved meat from 4 cooked chicken thighs & BBQ sauce (from Sunday, thawed)
- 2 cups roasted vegetables (from Sunday, thawed)
- 6 small flour tortillas
- 1/4 cup chopped fresh cilantro

HEAT oil in nonstick skillet and cook onions, garlic, chili powder, paprika, cumin and cayenne for 3 minutes. Add sauce, chicken and vegetables and bring to a simmer. Cook until heated through.

DIVIDE mixture among flour tortillas and sprinkle with cilantro.

TIP: Reduce the cayenne to a pinch if your family is not a fan of spicy fajitas, or serve cooling sour cream in the fajita.

PER SERVING: 293 calories; 13 g protein; 15 g fat; 29 g carbohydrate; 3 g fibre; 10 g sugars; 390 mg sodium. A source of fibre.

**Cost per Serving**  
**\$2.18**



# Friday

Make pasta.

all that's  
**good**

## Spicy Vegetable and Lentil Pasta

**PREP 5 min COOK 20 min SERVES 4-6**

- 1 tbsp Longo's Extra Virgin Olive Oil
- 4 cloves garlic, minced
- 1 tsp Italian seasoning or Longo's Oregano
- 1/2 tsp Longo's Crushed Chilies
- 2 cups roasted vegetables (from Sunday, thawed)
- 2 cups cooked lentils (from Sunday, thawed)
- 1 can (19 oz/540 mL) Longo's Petite Cut Tomatoes with Garlic and Olive Oil
- 1 cup sodium-reduced vegetable broth
- 3 tbsp chopped fresh parsley or basil
- 1 pkg (375 g) gluten-free or whole wheat pasta
- 1/4 cup grated Parmesan cheese

HEAT oil over medium heat in large nonstick skillet and cook garlic, Italian seasoning and chilies for 1 minute. Stir in vegetables, lentils and tomatoes; cook, stirring, for 3 minutes.

POUR in broth and add parsley. Bring to a simmer and cook for 5 minutes.

COOK pasta for about 8 minutes or until tender but firm in a pot of boiling salted water. Drain well and return to pot. Add sauce and stir to coat well.

SPRINKLE with cheese when serving.

PER SERVING (1/6th recipe): 420 calories; 14 g protein; 8 g fat; 75 g carbohydrate; 7 g fibre; 8 g sugars; 394 mg sodium. A very high source of fibre.

### Cost per Serving

**\$2.39**





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