

**BUTTERBALL\***

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# SIP A CUP OF

*fall spice*

PUMPKIN  
SPICE LATTE



# Make Ahead Weekly Menu

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

Want to feel great about your week before it has even started? We've created a smart meal plan where you cook on a Sunday and enjoy healthy home cooked creations from Monday to Friday! Not only that, our 5 recipes include some of Longo's budget-friendly Family Favourites and come in at under \$100 for a family of four. Simply shop using our grocery list, spend some time in the kitchen on Sunday, and then breeze through a week of delicious dinners.



## MONDAY

Bean and Couscous Stuffed Peppers

## TUESDAY

Thai Chicken Salad with Minted Mango

## WEDNESDAY

Tomato Salmon Skillet Supper with Mozzarella Bread

## THURSDAY

Chicken Parmesan Alfredo with Orecchiette with Peas

## FRIDAY

Salmon Pie with Side Salad

### Grocery List

#### Produce

- 1 bunch fresh parsley
- 1 pkg (680g) Longo's Fresh White Mushrooms\*\*
- 1 bunch fresh dill
- 1 jalapeño pepper
- 1 zucchini
- 6 red bell peppers
- 1 small piece fresh ginger
- 2 limes
- 1 bunch green onions
- 1 tub (454g) Longo's Spring Mix\*\*
- 1 cucumber
- 2 mangoes
- 1 pkg Longo's Fresh Mint

#### Seafood/Meat

- 1 pkg (approx 1kg) Value Pack boneless skinless chicken breasts\*\*
- 1 pkg (approx 1kg) fresh Canadian Boned Atlantic Salmon side\*\*

#### Dairy

- 1 tub (250g) herbed cream cheese
- 1 (500mL) container 10% half-and-half cream
- 1 small pkg (200g) cheddar cheese
- 1 pkg (320g) shredded mozzarella

#### Bakery

- 2 large oval buns

#### Grocery

- 1 can Longo's Diced Tomatoes
- 1 pkg Longo's Signature Imported Artisan Orecchiette Pasta
- 1L vegetable broth
- 1 pkg Longo's Couscous
- 1 can Longo's Organics Red Kidney Beans

#### Frozen

- 1 small bag peas

**Total cost \$94.14\***

For 5 meals, 4-6 servings per meal

### Pantry Items

#### Have Buy

- |                          |                          |  |
|--------------------------|--------------------------|--|
| <input type="checkbox"/> | <input type="checkbox"/> | eggs   |
| <input type="checkbox"/> | <input type="checkbox"/> | Longo's Italian Seasoned Bread Crumbs        |
| <input type="checkbox"/> | <input type="checkbox"/> | grated Parmesan cheese                       |
| <input type="checkbox"/> | <input type="checkbox"/> | Longo's Dried Oregano                        |
| <input type="checkbox"/> | <input type="checkbox"/> | Longo's Extra Virgin or 100% Pure Canola Oil |
| <input type="checkbox"/> | <input type="checkbox"/> | all-purpose flour                            |
| <input type="checkbox"/> | <input type="checkbox"/> | garlic                                       |
| <input type="checkbox"/> | <input type="checkbox"/> | salt and pepper                              |
| <input type="checkbox"/> | <input type="checkbox"/> | onions or shallots                           |
| <input type="checkbox"/> | <input type="checkbox"/> | celery                                       |
| <input type="checkbox"/> | <input type="checkbox"/> | carrots                                      |
| <input type="checkbox"/> | <input type="checkbox"/> | potatoes                                     |
| <input type="checkbox"/> | <input type="checkbox"/> | Longo's Crushed Chilies                      |
| <input type="checkbox"/> | <input type="checkbox"/> | chili powder                                 |
| <input type="checkbox"/> | <input type="checkbox"/> | sodium-reduced soy sauce                     |
| <input type="checkbox"/> | <input type="checkbox"/> | sesame oil                                   |

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

\*\* Simply save on these Family Favourites as featured on page 7.

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# Sunday Prep Plan

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.

## Bean and Couscous Stuffed Peppers

**PREP 15 min COOK 45 min SERVES 4**

- 1 tbsp Longo's Extra Virgin Olive Oil
- 1 onion, chopped
- 3 cloves garlic, minced
- 1 small jalapeño pepper, seeded and minced
- 1 tbsp chili powder
- 2 tsp Longo's Oregano Flakes
- 2 cups vegetable broth, divided
- 1/2 cup Longo's Couscous
- 3 tbsp chopped fresh parsley
- 1 small carrot, grated
- 1 small zucchini, grated
- 1/4 tsp each salt and fresh ground pepper
- 1 can (398 mL) Longo's Organics Red Kidney Beans, drained and rinsed
- 3/4 cup shredded cheddar or crumbled feta cheese
- 4 red bell peppers

HEAT oil in large skillet over medium heat. Cook onions, garlic, jalapenos, chili powder and oregano for 3 minutes or until softened. Pour in 1 cup of the broth and bring to a boil. Stir in couscous and parsley; remove from heat. Stir in carrot, zucchini, salt and pepper; cover and let stand for 5 minutes.

STIR beans and cheese into couscous mixture.

CUT peppers in half and remove seeds and ribs. Fill each half with couscous mixture and place in large ovenproof casserole dish. Pour remaining broth in dish, cover and refrigerate.

## Thai Grilled Chicken

**PREP 20 min COOK 12 min  
MARINATE 15 min SERVES 4**

- 3 tbsp vegetable broth
- 3 tbsp sodium-reduced soy sauce or fish sauce
- 1 tbsp sesame oil
- 2 tsp grated fresh ginger
- 2 cloves garlic, grated
- 1/2 tsp grated lime zest
- 2 tbsp lime juice
- 1/2 tsp Longo's Crushed Chilies
- 3 boneless, skinless chicken breasts

WHISK together broth, soy sauce, oil, ginger, garlic, lime zest and juice, and chilies. Remove 3 tbsp of the mixture into small bowl; set aside.

ADD chicken breasts to remaining marinade; coat well and let stand for 15 minutes.

GRILL chicken over medium greased grill for about 12 minutes, turning occasionally until no longer pink inside and internal temperature reaches 170°F. Slice into strips.

REFRIGERATE chicken and reserved marinade for Tuesday's dinner.

## Tomato Salmon Sauce

**PREP 10 min COOK 20 min SERVES 4**

- 1 tbsp Longo's Extra Virgin Olive Oil
- 2 cups sliced Longo's Mushrooms
- 1 onion, diced
- 4 cloves garlic, minced
- 1 tsp Longo's Oregano Flakes
- 1/2 tsp Longo's Crushed Chilies
- 1 can (796 mL) Longo's Diced Tomatoes
- 1/2 cup dry white wine or vegetable broth
- 1/4 tsp each salt and fresh ground pepper
- 1 lb Atlantic salmon fillet, skinned and cubed

HEAT oil over medium heat in large, deep nonstick saucepan. Cook mushrooms, onions, garlic, oregano and chilies for 5 minutes or until softened. Add tomatoes, wine, salt and pepper; bring to a boil.

SIMMER sauce for 10 minutes. Gently stir in salmon; cover and cook for 5 minutes. Let cool to room temperature. Pack in airtight container and freeze for Wednesday's dinner.

## Chicken Parmesan Alfredo

**PREP 20 min COOK 25 min SERVES 4**

- 2 boneless, skinless chicken breasts
- 2/3 cup Longo's Italian Seasoned Bread Crumbs
- 3 tbsp grated Parmesan cheese
- 1/2 tsp Longo's Oregano Flakes
- 1 egg, beaten
- 3 tbsp Longo's 100% Pure Canola Oil
- ALFREDO SAUCE:
  - 1 tbsp all-purpose flour
  - 1 cup 10% half-and-half cream
  - 2 cloves garlic, minced
  - 1/4 tsp each salt and fresh ground pepper
  - 3 tbsp grated Parmesan cheese
  - 2 tbsp chopped fresh parsley or basil

REMOVE tenderloin from chicken and slice chicken breasts in half to get 4 thin cutlets.

COMBINE bread crumbs, cheese and oregano in shallow dish.

COAT chicken cutlets and tenderloins in egg, let excess drip off and then coat both sides in bread crumb mixture.

HEAT oil in large nonstick skillet over medium-high heat. Fry chicken breasts, turning once, for about 5 minutes or until golden brown and no longer pink inside. Place in small casserole dish; set aside.

ALFREDO SAUCE:

WHISK flour into cream in small saucepan. Add garlic, salt and pepper. Heat over medium heat, whisking occasionally, until hot and bubbly. Whisk in cheese. Pour over chicken breasts and sprinkle with parsley. Let cool; cover and freeze for Thursday's Dinner.

TIP: Substitute Longo's Alfredo Sauce for a speedier way to make this recipe.

## Pasta

**PREP 2 min COOK 10 min SERVES 8**

- 1 pkg (500 g) Longo's Signature Imported Artisan Orecchiette Pasta
- 2 tbsp Longo's 100% Pure Canola Oil

BOIL large pot of salted water. Cook pasta, stirring often, for about 10 minutes or until al dente. Drain well and rinse with cold water. Drain again and toss with oil.

DIVIDE among 2 resealable bags or containers and refrigerate.

## Salmon Pie

**PREP 20 min COOK 45 min SERVES 4**

- 1 tbsp Longo's Extra Virgin Olive Oil
- 2 cups sliced Longo's Mushrooms
- 1 onion, diced
- 1 each celery stalk and carrot, chopped
- 2 tbsp chopped fresh dill or parsley
- 1/4 tsp each salt and fresh ground pepper
- 1 tbsp all-purpose flour
- 1 cup 10% half-and-half cream
- 1 lb Atlantic salmon fillet, skinned and cubed
- 1 cup frozen peas

TOPPING:

- 1 1/2 lb potatoes, peeled and cubed
- 1 tub (250 g) herbed cream cheese, softened
- 2 cloves garlic, minced
- 2 tbsp chopped fresh parsley

TOPPING:

COOK potatoes in large pot of boiling water for 20 minutes or until tender. Drain well and mash with cream cheese, garlic and parsley; set aside.

HEAT oil in large nonstick skillet and sauté mushrooms, onions, celery and carrots for 8 minutes or until starting to become golden. Stir in dill, salt and pepper.

ADD flour and stir to coat vegetables. Pour in cream and stir until starting to bubble; remove from heat. Stir in salmon and peas; cook for 5 minutes, stirring until salmon flakes when tested. Pour into ovenproof casserole dish.

SPREAD potato mixture over top. Let cool completely; cover and freeze for Friday's dinner.

# Monday

## Bean and Couscous Stuffed Peppers

BAKE in preheated 375°F oven for about 45 minutes or until peppers are tender.

PER SERVING: 352 calories; 17 g protein; 12 g fat; 47 g carbohydrate; 13 g fibre; 10 g sugars; 613 mg sodium.

**Cost per Serving**  
**\$3.28**



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# Tuesday

Toss salad. Thaw Salmon Sauce for Tomato Salmon Skillet Supper for Wednesday.

## Thai Chicken Salad

- 8 cups Longo's Spring Greens
- 1 red pepper, thinly sliced
- 1 cup thinly sliced cucumber
- 2 green onions, sliced on the diagonal
- 1/4 cup chopped peanuts or cashews (optional)
- 2 tbsp chopped fresh mint (optional)

Grilled chicken and reserved marinade from Sunday prep

TOSS together greens, peppers, cucumber and onions in large bowl.

DRIZZLE salad with marinade and toss to combine. Top with sliced chicken, peanuts and mint, if using.

PER SERVING: 253 calories; 38 g protein; 8 g fat; 11 g carbohydrate; 5 g fibre; 2 g sugars; 404 mg sodium.

## Minted Mango

**PREP 10 min SERVES 4**

- 2 ripe but firm mangoes, peeled and chopped
- 2 tbsp Longo's Fresh Mint, chopped
- 1/2 tsp grated lime zest
- 2 tbsp lime juice
- Half red bell pepper, diced
- 1 small shallot, thinly sliced
- 1/4 tsp each salt and fresh ground pepper

TOSS together mangoes, mint, lime zest and juice, peppers, shallots, salt and pepper.

PER SERVING: 77 calories; 1 g protein; 0 g fat; 20 g carbohydrate; 2 g fibre; 16 g sugars; 150 mg sodium.

**Cost per Serving**  
**\$5.80**



# Wednesday

Heat Salmon Sauce with Pasta. Make mozzarella bread. Thaw Chicken Parmesan Alfredo for Thursday.

## Tomato Salmon Skillet Supper

- Salmon sauce from Sunday prep
- 4 cups cooked orecchiette pasta from Sunday's prep
- 2 tbsp chopped fresh parsley
- 2 tbsp grated Parmesan cheese (optional)

REHEAT sauce in large skillet over medium-low heat. Stir in pasta and parsley; cover and heat through.

SPRINKLE with cheese to serve, if using.

PER SERVING: 601 calories; 34 g protein; 22 g fat; 59 g carbohydrate; 5 g fibre; 7 g sugars; 270 mg sodium.

## Mozzarella Bread

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

- 2 large oval buns
- 1/4 cup Longo's Extra Virgin Olive Oil

- 3 cloves garlic, minced
- 3/4 cup shredded mozzarella cheese
- 1 tbsp chopped fresh parsley
- 1/2 tsp Longo's Oregano Flakes

SLICE bread almost all the way through into 3/4-inch slices using a serrated knife, keeping buns intact.

COMBINE oil and garlic; brush on inside of bread slices. Place on parchment paper-lined baking sheet. Sprinkle cheese, parsley and oregano inside each slice.

BAKE in preheated 400°F oven for about 10 minutes or until golden and crispy and cheese is melted.

PER SERVING: 291 calories; 8 g protein; 20 g fat; 20 g carbohydrate; 1 g fibre; 3 g sugars; 263 mg sodium.

**Cost per Serving**  
**\$6.18**



# Thursday

Heat chicken. Finish pasta.  
Thaw Salmon Pie for Friday.

## Chicken Parmesan Alfredo

REHEAT chicken in 350°F oven for about 20 minutes or until heated through and golden.

PER SERVING: 427 calories; 33 g protein; 24 g fat; 19 g carbohydrate; 2 g fibre; 2 g sugars; 714 mg sodium.

## Orecchiette with Peas

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

- 1 tbsp Longo's Extra Virgin Olive Oil
- 1 shallot, minced
- 1 1/2 cups frozen peas
- 1 1/2 cups vegetable or chicken broth
- 4 cups cooked orecchiette pasta from Sunday's prep
- 1/4 cup grated Parmesan cheese
- 2 tbsp chopped fresh Longo's herbs (such as basil, mint or parsley)

HEAT oil in large skillet over medium heat; cook shallots for 1 minute.

STIR in peas and broth; bring to a boil.

ADD pasta and cook, stirring until pasta and peas are heated through.

STIR in cheese and herbs to serve.

PER SERVING: 354 calories; 13 g protein; 9 g fat; 55 g carbohydrate; 4 g fibre; 4 g sugars; 389 mg sodium.

**Cost per Serving**  
**\$3.16**



# Friday

## Salmon Pie with Side Salad

BAKE in preheated 400°F oven for about 20 minutes or until potatoes are golden and knife inserted in centre comes out hot.

SERVE with remaining Longo's Spring Mix and your favourite salad dressing.

PER SERVING: 685 calories; 34 g protein; 43 g fat; 42 g carbohydrate; 5 g fibre; 10 g sugars; 622 mg sodium.

**Cost per Serving**  
**\$6.48**

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# SPECIAL EVENT NIGHTS

featuring craft beers, boutique wines and great food



**Thursday 5pm-9pm**  
Buck-a-Shuck Oyster Night  
\$1 Oysters



**Friday 5pm-9pm**  
1 lb Wheat Beer Steamed Mussels, \$8



**Saturday, Sunday & Monday All Day**  
10" Stone Oven Pizza & Pint of Steam Whistle, \$10

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Longo's Southeast Oakville, 469 Cornwall Rd. 905.338.1255

## Easy to Make. Easy to Enjoy!



**NEW!**



**Creamy Bacon Gnocchi**

### 3 Simple Ingredients

1 Package of Olivieri® Gnocchi (350 g)  
6 slices of bacon, chopped  
Olivieri® Classic Alfredo sauce (300ml)

### 3 Easy Steps

1. BOIL salted water and follow Olivieri® gnocchi packaging instructions
  2. COOK bacon in a non-stick skillet. Set aside.
  3. STIR Olivieri® Gnocchi and sauce in a pan until heated through. Toss in bacon crumbled.
- Combine, Serve and Enjoy!**



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\*Meats the Rustic Farm Animal Care Program standards, which include controls for animal treatment, hormones, antibiotic usage and other safety risks, and are done for the ability to engage in manufacturing.

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