



# Celebrate Fall



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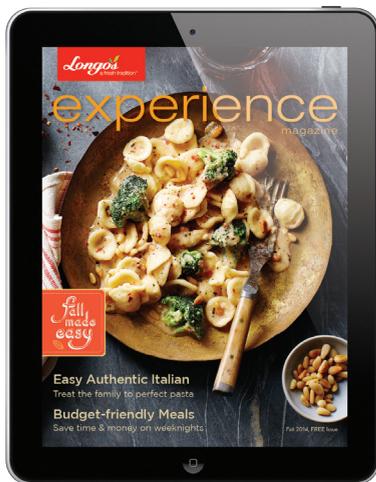
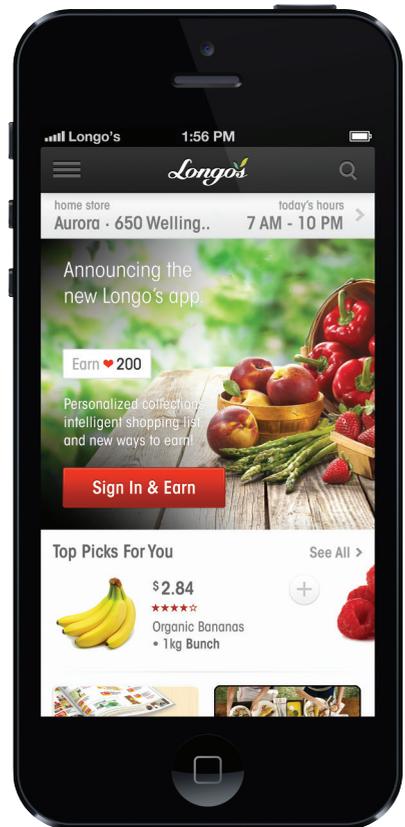


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# Make-Ahead Weekly Menu

Save time & money with these family friendly dinners



Autumn weeknights can be a real juggling act so why not have dinner ready with little to do when you get home? We've created a simple step-by-step plan where you prep a week's worth of nutritious meals to enjoy all week. Not only that, our shopping list comes in at **under \$100!**



**Monday**  
 Meatloaf Patties  
 Baked Creamed Spinach  
 Roasted Lemon Cauliflower



**Tuesday**  
 Baked Tilapia with Mushrooms and Tomatoes  
 Confetti Rice



**Wednesday**  
 Potato Cauliflower Frittata



**Thursday**  
 Shepherd's Pie  
 Poutine  
 Nappa and Pear Slaw



**Friday**  
 Chicken Chili

## Grocery List

- 1 2lb bag carrots
- 1 zucchini
- 1 dozen eggs
- 2 baking potatoes
- 1 red pepper
- 1 Nappa cabbage
- 1 bunch Longo's Fresh Parsley
- 1 pear
- 1 large head cauliflower
- 1 lemon
- 2 pkg Longo's Sliced Mushrooms
- 3 lbs lean ground beef
- 1 250g pkg cream cheese
- 2 boxes frozen chopped spinach
- 180g crumbled feta cheese
- 1 lb tilapia fillets
- 1 lb boneless skinless chicken breast
- 1 can kidney beans
- 1 340g pkg shredded cheddar cheese
- 1 can Western Family Cream Style Corn
- 1 bottle seasoned rice vinegar
- 1 tub Longo's Seasoned Bread Crumbs
- 2 jars Western Family Exquisita Mild Salsa
- 2 cans Longo's Petite Cut Tomatoes with Garlic and Olive Oil

**TOTAL 94.52**

## Pantry Items

- Have Buy
- Italian seasoning
  - Longo's Oregano Flakes
  - Longo's Basil Flakes
  - salt and pepper
  - chili powder
  - Longo's Montreal Steak Spice
  - long grain or other rice
  - cooking onion
  - fresh garlic cloves
  - Dijon mustard
  - milk
  - white wine or chicken broth
  - Longo's Extra Virgin Olive Oil

Menu plan prices calculated in advance of publication. Prices may vary.

# Sunday Prep Plan

By doing most of the cooking on Sunday, you'll only need a few minutes to finish off your meals on weeknights! Start off with all the Sunday cooking in the recipes below, then use our easy-to-follow weeknight plan on the next few pages.

## Meatloaf Patties and Shepherd's Pie Poutine Mix

This recipe is made ahead on Sunday for Monday's Meatloaf Patties and Thursday's Shepherd's Pie Poutine.

**PREP 20 min COOK 35 min  
EACH SERVES 6**

- 1 1/2 cups Longo's Seasoned Bread Crumbs
- 3 eggs
- 1/4 cup fresh parsley, chopped
- 1 tbsp Italian seasoning or 1 1/2 tsp each Longo's Oregano and Basil Flakes
- 1/4 tsp each salt and pepper
- 1 1/2 cups Western Family Exquisita Mild Salsa
- 1 pkg (1.5kg/3lbs) lean ground beef

COMBINE everything except the ground beef and 1/2 cup of salsa and mix with a fork. Mix in ground beef.

DIVIDE mixture into 2 portions, half in a 9-inch square pan for Thursday's Shepherd's Pie Poutine and with remaining mixture make 6 meatloaf patties for Monday's dinner.

PLACE patties on small baking sheet and top each patty with remaining salsa.

COVER square pan and bake both in preheated 400°F oven for about 35 minutes or until internal temperature reaches 165°F and no longer pink inside. Refrigerate the patties for Monday. Freeze the meatloaf for Thursday's Shepherd's Pie Poutine.

## Creamed Spinach

**PREP 5 min COOK 15 min SERVES 6**

- 1 pkg (250g) cream cheese
- 2 boxes (300g each) frozen chopped spinach, thawed and drained
- 4 cloves garlic, minced
- 1 tbsp Longo's Oregano Flakes
- 1/4 tsp each salt and pepper
- 3/4 cup crumbled feta cheese

PLACE block of cream cheese in 10-inch deep pie plate and microwave for 1 minute just to soften.

BREAK up spinach into pie plate.

STIR in garlic, oregano, salt and pepper and mix. Sprinkle with feta cheese.

COVER with foil and refrigerate.

## Roasted Lemon Cauliflower

This recipe is made ahead on Sunday for Monday's cauliflower side dish and Wednesday's Frittata.

**PREP 5 min COOK 35 min SERVES 4**

- 1 large head of cauliflower, cut into florets
- 1 tbsp Longo's Extra Virgin Olive Oil
- 3 cloves garlic, minced
- 1/2 tsp sea salt
- 1 1/2 tsp lemon rind, grated
- 3 tbsp lemon juice

SPREAD cut cauliflower on a parchment paper lined baking sheet and toss with oil, garlic, salt and 1 tsp of the lemon rind and juice. Refrigerate remaining rind.

BAKE in preheated 400°F oven for 30 to 40 minutes or until cauliflower browns. Reserve 1 cup for Wednesday's Frittata. Cover and refrigerate.

## Baked Tilapia with Mushrooms and Tomatoes

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

- 1 pkg (227g) Longo's Sliced Mushrooms
- 1 lb fresh tilapia fillets (about 3 to 4)
- 2 tsp Longo's Montreal Steak Spice

LAYER mushrooms in the bottom of a 13x9-inch baking dish, place tilapia fillets on top.

SPRINKLE steak spice over tilapia fillets. Cover and refrigerate for Tuesday dinner.

## Potato Cauliflower Frittata and Shepherd's Pie Poutine Potatoes

**PREP 5 min BAKE 1 hr SERVES 4**

- 2 baking potatoes

Pierce potatoes with a fork and bake in a 400°F oven for about 1 hour or until tender. Let potatoes cool and chop.

Reserve 1 cup for Wednesday's Frittata and remaining for Thursday's Shepherd's Pie Poutine. Cover and refrigerate.

## Chicken Chili

**PREP 10 min COOK 40 min SERVES 6**

- 1 pkg (227g) Longo's Sliced Mushrooms
- 1 pkg (454g) boneless skinless chicken breasts (about 2 to 3)
- 2 tsp Longo's Montreal Steak Spice
- 1 can (19oz) Longo's Petite Cut Tomatoes with Garlic and Olive Oil
- 1 tbsp Longo's Extra Virgin Olive Oil
- 1 onion, chopped
- 2 cloves garlic, minced
- 1 tbsp chili powder
- 1 cup Western Family Exquisita Mild Salsa
- 1/4 cup white wine or chicken broth or water
- 2 tbsp fresh parsley, chopped
- 1 can (19oz/540mL) kidney beans, drained and rinsed

SPREAD mushrooms in the bottom of a 13x9 inch baking dish, place chicken breasts on top.

SPRINKLE steak spice over chicken and spread the tomatoes over top.

BAKE in preheated 400°F oven for 30 to 40 minutes until chicken reaches 170°F internal temperature and is no longer pink inside. Let cool.

CHOP chicken and stir into baking dish.

HEAT oil in saucepan over medium heat and cook onion, stir in garlic. Add chili powder and stir for 30 seconds then stir in salsa, white wine and parsley. Add chicken mixture; stir in kidney beans. Let cool completely.

PACK in container and freeze for Friday.

Turn the page for quick and easy weeknight steps to finish off each meal



*Meatloaf Patties, Creamed Spinach  
and Roasted Lemon Cauliflower*



# Monday

Bake spinach. Reheat meatloaf patties. Reheat cauliflower.

## Creamed Spinach

REMOVE prepared creamed spinach from fridge.

BAKE in preheated 400°F oven for 15 minutes or until heated through.

PER SERVING: 213 calories, 8 g protein, 18 g fat, 6 g carbohydrate, 3 g fibre, 3 g sugars, 566 mg sodium

## Meatloaf Patties

6 cooked meatloaf patties

REMOVE cooked patties from fridge.

COVER and microwave at Medium High in 1 minute intervals until hot.

PER SERVING (1 patty): 297 calories, 33 g protein, 12 g fat, 13 g carbohydrate, 1 g fibre, 2 g sugars, 529 g sodium

## Roasted Lemon Cauliflower

1/2 tsp lemon rind, grated  
(reserved from Sunday's prep)

REMOVE roasted cauliflower from fridge.

COVER and reheat cauliflower in microwave on High for about 1 minute or until hot.

SPRINKLE with lemon rind before serving.

PER SERVING: 62 calories, 3 g protein, 3 g fat, 9 g carbohydrate, 3 g fibre, 4 g sugars, 231 mg sodium

Cost per Serving

**\$4.48**

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



*Baked Tilapia with Mushrooms and Tomatoes*

# Tuesday

Pour tomatoes over tilapia and bake.  
Make confetti rice.

## Baked Tilapia with Mushrooms and Tomatoes

1 can (19oz) Longo's Petite Cut Tomatoes with Garlic and Olive Oil

REMOVE tilapia from fridge.

SPREAD the tomatoes over top.

BAKE in preheated 400°F oven for about 20 minutes until fish flakes easily when tested and mushrooms are tender.

PER SERVING: 160 calories, 24 g protein, 3 g fat, 12 g carbohydrate, 1 g fibre, 7 g sugars, 691 mg sodium

## Confetti Rice

PREP 5 min COOK 12 min  
SERVES 4

1 cup long grain rice

2 cups water

1/2 tsp salt

1 carrot, grated

1/2 cup zucchini, grated

BRING rice, water and salt to boil. Add carrot. Reduce heat, cover and cook for about 20 minutes or until no liquid remains and rice is tender.

ADD zucchini and let stand for 2 minutes. Fluff with fork before serving.

TIP: If basmati or jasmine rice is a staple in your pantry reduce the cooking time to about 12 minutes for a faster rice dish option.

PER SERVING: 170 calories, 3 g protein, 0 g fat, 40 g carbohydrate, 1 g fibre, 1 g sugars, 306 mg sodium

Cost per Serving  
**\$4.68**



*Potato Cauliflower Frittata*

# Wednesday

Make potato frittata. Thaw meatloaf for Thursday.

## Potato Cauliflower Frittata

PREP 5 min COOK 25 min  
SERVES 4

1 tsp Longo's Extra Virgin Olive Oil

8 eggs

1/4 cup milk

3 tbsp fresh parsley, chopped

1/4 tsp each salt and pepper

1 cup cooked potato, chopped (reserved from Sunday's prep)

1 cup roasted cauliflower, chopped (reserved from Roasted Lemon Cauliflower)

1 small red bell pepper, diced

1/2 cup crumbled feta cheese

BEAT eggs with milk, parsley, salt and pepper.

HEAT 8-inch ovenproof nonstick skillet over medium-high heat.

ADD oil to pan and quickly heat chopped potato for 2 minutes, add chopped cauliflower.

POUR eggs into skillet and reduce heat to low. Top with red peppers and feta.

BAKE in preheated 375°F oven for 20 minutes or until knife inserted in centre comes out clean.

PER SERVING: 247 calories, 16 g protein, 16 g fat, 10 g carbohydrate, 1 g fibre, 4 g sugars, 486 mg sodium

Cost per Serving  
**\$1.79**

# Thursday

Make Shepherd's Pie Poutine and Nappa and Pear slaw. Thaw Chicken Chili for Friday.

## Shepherd's Pie Poutine

**PREP 5 min COOK 25 min SERVES 6**

1 cooked casserole dish of meatloaf, thawed (from Sunday's prep)

Reserved cooked and chopped potatoes (from Sunday's prep)

1 can (398mL) Western Family Cream Style Corn

1 cup shredded Cheddar cheese

REMOVE meatloaf from the fridge.

POUR cream corn onto meatloaf, top with potato and cheese.

BAKE in preheated 350°F oven for 20 to 30 minutes or until heated through and cheese is melted.

PER SERVING: 119 calories, 2 g protein, 9 g fat, 9 g carbohydrate, 3 g fibre, 5 g sugars, 366 mg sodium

Cost per Serving

**\$3.16**

## Nappa and Pear Slaw

**PREP 5 min SERVES 6**

6 cups nappa cabbage, sliced (about 1 small head)

1 carrot, grated

Half a pear, grated

1/4 cup seasoned rice vinegar

1 tsp Dijon mustard

1/4 cup Longo's Extra Virgin Olive Oil

TOSS together nappa and carrot in large bowl.

MIX pear with rice vinegar, Dijon mustard and oil.

COMBINE all together and let stand at room temperature for 10 to 15 minutes before serving.

PER SERVING: 119 calories, 2 g protein, 6 g fat, 9 g carbohydrate, 3 g fibre, 5 g sugars, 366 mg sodium

*Shepherd's Pie Poutine and Nappa and Pear Slaw*





# Friday

## Reheat Chicken Chili

### Chicken Chili

1/2 cup shredded Cheddar cheese

REMOVE thawed chili from the fridge.

PLACE chili in saucepan and reheat over medium low, stirring until heated through.

SPRINKLE with cheese to serve.

PER SERVING: 279 calories, 30 g protein, 6 g fat, 25 g carbohydrate, 9 g fibre, 8 g sugars, 826 mg sodium

Cost per Serving

**\$5.31**

*Chicken Chili*