

Make-Ahead Weekly Menu

Want to feel great about your week before it's even started? How about prepping a week's worth of family meals in advance - all for under \$100! Simply gather the ingredients on our shopping list, follow the Sunday prep plan and see how easy it is to make home-cooked creations in a snap!

Save time & money with these family friendly dinners



SHOPPING LIST



SUNDAY

Prep



MONDAY

Grilled Steak and Pepper Stir Fry
Ginger Carrot Rice



TUESDAY

Double Cheese Broccoli Stuffed Potatoes
Grilled Sausages



WEDNESDAY

Turkey Meatball Subs
Cooked Broccoli Spears



THURSDAY

Steak and Pepper Pasta
Garlic Bread



FRIDAY

Potato and Mushroom Quiche
Longo's Salad Greens



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- ☐ 1 lemon
- ☐ 1 pkg Longo's Fresh Thyme
- ☐ 1 large head broccoli
- ☐ 2 red onions
- ☐ 1 pkg Longo's Mushrooms
- ☐ 4 bell peppers
- ☐ 2 bunches green onions
- ☐ small piece of fresh ginger

- ☐ 1 pkg Longo's Fresh Sausages
- ☐ 1 value pack striploin steaks
- ☐ 1 pkg ground turkey

☐ 6 sub buns

- ☐ 1 container Longo's seasoned breadcrumbs
- ☐ 1 can tomato paste
- ☐ 1 jar hoisin sauce
- ☐ 1 container vegetable broth
- ☐ 1 bag Longo's Signature pasta
- ☐ 1 jar Longo's Signature tomato basil sauce

- ☐ 1 pkg herb and garlic cream cheese
- ☐ 500 mL 35% whipping cream
- ☐ 1 bag shredded old cheddar cheese

- ☐ garlic
- ☐ potatoes
- ☐ carrot
- ☐ parsley
- ☐ eggs
- ☐ Parmesan cheese
- ☐ Longo's Canola or Extra Virgin Olive Oil
- ☐ Longo's Balsamic Vinegar
- ☐ Longo's Dried Oregano
- ☐ Longo's Dried Basil
- ☐ Longo's Crushed Chilies
- ☐ salt
- ☐ pepper
- ☐ soy sauce
- ☐ BBQ sauce
- ☐ cornstarch
- ☐ basmati rice



AFTER CLICK DISPLAY

Make-Ahead Weekly Menu - Shopping List

Produce

- ☐ 1 lemon
- ☐ 1 pkg Longo's Fresh Thyme
- ☐ 1 large head broccoli
- ☐ 2 red onions
- ☐ 1 pkg Longo's Mushrooms
- ☐ 4 bell peppers
- ☐ 2 bunches green onions
- ☐ small piece of fresh ginger

Seafood/Meat

- ☐ 1 pkg Longo's Fresh Sausages
- ☐ 1 value pack striploin steaks
- ☐ 1 pkg ground turkey

Bakery

- ☐ 6 sub buns

Grocery

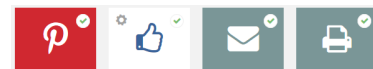
- ☐ 1 container Longo's seasoned breadcrumbs
- ☐ 1 can tomato paste
- ☐ 1 jar hoisin sauce
- ☐ 1 container vegetable broth
- ☐ 1 bag Longo's Signature pasta
- ☐ 1 jar Longo's Signature tomato basil sauce

Dairy:

- ☐ 1 pkg herb and garlic cream cheese
- ☐ 500 mL 35% whipping cream
- ☐ 1 bag shredded old cheddar cheese

Pantry Items

- ☐ garlic
- ☐ potatoes
- ☐ carrot
- ☐ parsley
- ☐ eggs
- ☐ Parmesan cheese
- ☐ Longo's Canola or Extra Virgin Olive Oil
- ☐ Longo's Balsamic Vinegar
- ☐ Longo's Dried Oregano
- ☐ Longo's Dried Basil
- ☐ Longo's Crushed Chilies
- ☐ salt
- ☐ pepper
- ☐ soy sauce
- ☐ BBQ sauce
- ☐ cornstarch
- ☐ basmati rice



PRINT PAGE
This page will show the items checked off on a previous page

Healthy in a Hurry Sunday Prep Plan

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.



Zesty Grilled Striploin Steaks

PREP 10 min COOK 8 min

- | | |
|----------|---|
| 2 tsp | grated lemon zest |
| 2 tbsp | lemon juice |
| 3 cloves | garlic, minced |
| 3 tbsp | Longo's Extra Virgin Olive Oil |
| 1 tbsp | fresh Longo's Thyme, chopped |
| Pinch | each salt and fresh ground pepper |
| 1 pkg | (1 kg) Longo's low price alert striploin steaks (about 4) |

COMBINE lemon zest and juice, garlic, oil, thyme, salt and pepper in resealable bag. Add steaks and seal bag. Marinate for at least 15 minutes or refrigerate up to 4 hours.

GRILL over medium-high greased grill for 5 to 8 minutes, turning once or until medium rare. Let stand 2 minutes before slicing.

Slice steaks and freeze 2 for Thursday's Steak and Pepper Pasta. Refrigerate remaining 2 steaks for Monday's Steak and Pepper Stirfry.

BBQ Turkey Meatballs

PREP 10 min COOK 15 min
YIELD 20 meatballs

- 1/3 cup Longo's seasoned breadcrumbs
- 1/4 cup Western Family BBQ sauce
- 1 small onion, finely chopped
- 2 cloves garlic, minced
- 1 tsp Longo's dried oregano leaves
- 1/4 tsp each salt and fresh ground pepper
- 1 pkg (450 g) ground turkey

STIR together breadcrumbs, BBQ sauce, onion, garlic, oregano, salt and pepper. Add turkey and using hands, mix together until well combined.

ROLL into 20 meatballs and place on parchment paper lined baking sheet.

BAKE in 350 F oven for about 15 minutes or until no longer pink inside.

Let cool and freeze for Wednesday's Saucy Turkey Meatball Subs.

Baked Potatoes

PREP 2 min COOK 1 hour

- 4 large baking potatoes, scrubbed
(about 2 1/2 lb total)

POKE potatoes with tines of fork all over.
Place on small baking sheet and bake in 400
F oven for about 1 hour or until fork tender.
Let cool.

Refrigerate 2 potatoes for Tuesday's Double Cheese Broccoli Stuffed Potatoes and chop remaining 2 potatoes for Friday's Potato Mushroom Quiche.

Broccoli Spears

PREP 5 min COOK 4 MIN YIELD 6 cups

- | | |
|---------|---------------------|
| 1 | large head broccoli |
| 1/3 cup | vegetable broth |

CUT broccoli into large florets. Peel stalk and cut into 1 inch pieces. Place everything into a microwaveable bowl. Add broth and cover with plastic wrap.

MICROWAVE on High for about 4 minutes or until tender crisp. Let cool.

Refrigerate 1 cup for Tuesday's Double Cheese Broccoli Stuffed Potatoes and freeze remaining broccoli for Wednesday's Saucy Turkey Meatball Subs dinner.

Sautéed Onion and Mushrooms

PREP 15 min COOK 20 min YIELD 4 cups

- | | |
|----------|---|
| 2 tbsp | Longo's Extra Virgin Olive Oil |
| 2 | red onions, sliced |
| 1 pkg | (680 g) Longo's Fresh White Mushrooms, sliced |
| 3 cloves | garlic, minced |
| 1/2 cup | vegetable broth |
| 1/4 tsp | each salt and fresh ground pepper |
| 2 tbsp | Longo's Organic Tomato Paste |

HEAT oil in large shallow saucepan over medium high heat. Cook onions, mushrooms, garlic, broth, salt and pepper, stirring occasionally for 8 minutes. Stir in tomato paste and cook for about 8 minutes or until liquid evaporates.

Let cool and freeze 2 cups for Wednesday's Saucy Turkey Meatball Subs and set aside 2 cups for Friday's Potato Mushroom Quiche.

Grilled Peppers

PREP 5 min COOK 8 min YIELD 2 1/2 cups

- | | |
|--------|--|
| 4 | bell peppers (orange, yellow, red or green) |
| 2 tbsp | Longo's Canola or Mediterranean Grilling Oil |

CUT peppers in quarters and remove seeds and ribs.

GRILL peppers over medium high greased grill for about 8 minutes, turning often until golden and slightly charred. Let cool and slice.

FREEZE 1 1/2 cups for Thursday's Steak and Pepper Pasta and refrigerate 1 cup for Monday's Steak and Pepper Stirfry.

Potato Mushroom Quiche

Prep 10 min Cook 30 min Serves 8

- | | |
|------------|--|
| 2 | frozen deep dish pie shells |
| 2 | baking potatoes, baked and chopped |
| 2 cups | cooked onions and mushrooms |
| 1/2 tsp | each Longo's Dried Oregano and Basil Leaves |
| 3/4 tsp | salt |
| 1/4 tsp | fresh ground pepper |
| 6 | eggs |
| 1 cup | 35% whipping cream |
| 1 1/3 cups | shredded old cheddar cheese |
| 2 | green onions, thinly sliced or 2 tbsp chopped fresh parsley |

PLACE pie shells on large baking sheet; set aside.

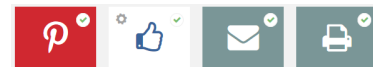
STIR together potatoes, onions and mushrooms, oregano, basil, salt and pepper.

WHISK together eggs and cream. Stir in cheese and onions. Add to potato mixture and stir to combine well. Divide evenly into pie shells.

BAKE quiche in preheated 400 F oven for about 30 minutes or until knife inserted in centre comes out clean and crust is golden.

Sunday Prep Plan

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.



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Zesty Grilled Striploin Steaks

PREP 10 min COOK 8 min

- 2 tsp grated lemon zest
- 2 tbsp lemon juice
- 3 cloves garlic, minced
- 3 tbsp Longo's Extra Virgin Olive Oil
- 1 tbsp fresh Longo's Thyme, chopped
- Pinch each salt and fresh ground pepper
- 1 pkg (1 kg) Longo's low price alert striploin steaks (about 4)

COMBINE lemon zest and juice, garlic, oil, thyme, salt and pepper in resealable bag. Add steaks and seal bag. Marinate for at least 15 minutes or refrigerate up to 4 hours.

GRILL over medium-high greased grill for 5 to 8 minutes, turning once or until medium rare. Let stand 2 minutes before slicing.

Slice steaks and freeze 2 for Thursday's Steak and Pepper Pasta. Refrigerate remaining 2 steaks for Monday's Steak and Pepper Stirfry.

BBQ Turkey Meatballs

**PREP 10 min COOK 15 min
YIELD 20 meatballs**

- 1/3 cup Longo's seasoned breadcrumbs
- 1/4 cup Western Family BBQ sauce
- 1 small onion, finely chopped
- 2 cloves garlic, minced
- 1 tsp Longo's dried oregano leaves
- 1/4 tsp each salt and fresh ground pepper
- 1 pkg (450 g) ground turkey

STIR together breadcrumbs, BBQ sauce, onion, garlic, oregano, salt and pepper. Add turkey and using hands, mix together until well combined.

ROLL into 20 meatballs and place on parchment paper lined baking sheet.

BAKE in 350 F oven for about 15 minutes or until no longer pink inside.

Let cool and freeze for Wednesday's Saucy Turkey Meatball Subs.

Baked Potatoes

PREP 2 min COOK 1 hour

- 4 large baking potatoes, scrubbed (about 2 1/2 lb total)

POKE potatoes with tines of fork all over. Place on small baking sheet and bake in 400 F oven for about 1 hour or until fork tender. Let cool.

Refrigerate 2 potatoes for Tuesday's Double Cheese Broccoli Stuffed Potatoes and chop remaining 2 potatoes for Friday's Potato Mushroom Quiche.

Broccoli Spears

PREP 5 min COOK 4 MIN YIELD 6 cups

- 1 large head broccoli
- 1/3 cup vegetable broth

CUT broccoli into large florets. Peel stalk and cut into 1 inch pieces. Place everything into a microwavable bowl. Add broth and cover with plastic wrap.

MICROWAVE on High for about 4 minutes or until tender crisp. Let cool.

Refrigerate 1 cup for Tuesday's Double Cheese Broccoli Stuffed Potatoes and freeze remaining broccoli for Wednesday's Saucy Turkey Meatball Subs dinner.

Sautéed Onion and Mushrooms

PREP 15 min COOK 20 min YIELD 4 cups

- 2 tbsp Longo's Extra Virgin Olive Oil
- 2 red onions, sliced
- 1 pkg (680 g) Longo's Fresh White Mushrooms, sliced
- 3 cloves garlic, minced
- 1/2 cup vegetable broth
- 1/4 tsp each salt and fresh ground pepper
- 2 tbsp Longo's Organic Tomato Paste

HEAT oil in large shallow saucepan over medium high heat. Cook onions, mushrooms, garlic, broth, salt and pepper, stirring occasionally for 8 minutes. Stir in tomato paste and cook for about 8 minutes or until liquid evaporates.

Let cool and freeze 2 cups for Wednesday's Saucy Turkey Meatball Subs and set aside 2 cups for Friday's Potato Mushroom Quiche.

Grilled Peppers

PREP 5 min COOK 8 min YIELD 2 1/2 cups

- 4 bell peppers (orange, yellow, red or green)
- 2 tbsp Longo's Canola or Mediterranean Grilling Oil

CUT peppers in quarters and remove seeds and ribs.

GRILL peppers over medium high greased grill for about 8 minutes, turning often until golden and slightly charred. Let cool and slice.

FREEZE 1 1/2 cups for Thursday's Steak and Pepper Pasta and refrigerate 1 cup for Monday's Steak and Pepper Stirfry.

Potato Mushroom Quiche

Prep 10 min Cook 30 min Serves 8

- 2 frozen deep dish pie shells
- 2 baking potatoes, baked and chopped
- 2 cups cooked onions and mushrooms
- 1/2 tsp each Longo's Dried Oregano and Basil Leaves
- 3/4 tsp salt
- 1/4 tsp fresh ground pepper
- 6 eggs
- 1 cup 35% whipping cream
- 1 1/3 cups shredded old cheddar cheese
- 2 green onions, thinly sliced or 2 tbsp chopped fresh parsley

PLACE pie shells on large baking sheet; set aside.

STIR together potatoes, onions and mushrooms, oregano, basil, salt and pepper.

WHISK together eggs and cream. Stir in cheese and onions. Add to potato mixture and stir to combine well. Divide evenly into pie shells.

BAKE quiche in preheated 400 F oven for about 30 minutes or until knife inserted in centre comes out clean and crust is golden.



Cost per Serving
\$5.09

Grilled Steak and Pepper Stir Fry

PREP 10 min COOK 8 min SERVES 4

Ginger Carrot Rice

PREP 5 min COOK 10 min SERVES 4

Monday

Make Grilled Steak and Pepper Stir Fry.
Make Ginger Carrot Rice.

INGREDIENTS

STIR FRY:

- 1 tbsp Longo's Canola or Sesame Oil
- 1 bunch green onions, sliced
- 2 cloves garlic, slivered
- 1 tbsp minced fresh ginger
- 2 grilled striploin steaks, thinly sliced (from Sunday)
- 1 cup sliced grilled peppers
- 1 cup cooked broccoli florets
- 1/2 cup vegetable broth
- 1 tbsp hoisin sauce
- 1 tbsp soy sauce
- 1 tsp cornstarch

GINGER CARROT RICE:

DIRECTIONS

STIR FRY:

HEAT oil in large nonstick skillet over medium heat. Cook onions, garlic and ginger for 3 minutes or until fragrant.

WHISK together broth, hoisin and soy sauces and cornstarch; set aside.

STIR in steak, peppers, broccoli and sauce mixture; bring to a simmer to heat through.

PER SERVING (1/4 recipe): 3348 calories; 23 g protein; 23 g fat; 15 g carbohydrate; 3 g fibre; 6 g sugars; 405 mg sodium.

GINGER CARROT RICE:

BRING broth, basmati, carrot, ginger and salt to boil. Reduce heat to low. Cover and cook for 10 minutes or until rice is fluffy and liquid is absorbed.



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Monday

Make Grilled Steak and Pepper Stir Fry.
Make Ginger Carrot Rice.

Cost per Serving
\$5.09

Grilled Steak and Pepper Stir Fry

PREP 10 min COOK 8 min SERVES 4

Ginger Carrot Rice

PREP 5 min COOK 10 min SERVES 4

INGREDIENTS

STIR FRY:

- 1 tbsp Longo's Canola or Sesame Oil
- 1 bunch green onions, sliced
- 2 cloves garlic, slivered
- 1 tbsp minced fresh ginger
- 2 grilled striploin steaks, thinly sliced (from Sunday)
- 1 cup sliced grilled peppers
- 1 cup c cooked broccoli florets
- 1/2 cup vegetable broth
- 1 tbsp hoisin sauce
- 1 tbsp soy sauce
- 1 tsp cornstarch

GINGER CARROT RICE:

- 2 cups vegetable broth
- 1 cup basmati or thai jasmine rice
- 1 small carrot, diced
- 4 slices fresh ginger
- 1/4 tsp salt

DIRECTIONS

STIR FRY:

HEAT oil in large nonstick skillet over medium heat. Cook onions, garlic and ginger for 3 minutes or until fragrant.

WHISK together broth, hoisin and soy sauces and cornstarch; set aside.

STIR in steak, peppers, broccoli and sauce mixture; bring to a simmer to heat through.

PER SERVING (1/4 recipe):

3348 calories; 23 g protein; 23 g fat; 15 g carbohydrate; 3 g fibre; 6 g sugars; 405 mg sodium.

GINGER CARROT RICE:

BRING broth, basmati, carrot, ginger and salt to boil. Reduce heat to low. Cover and cook for 10 minutes or until rice is fluffy and liquid is absorbed. Remove ginger before serving.

PER SERVING (1/4 recipe):

171 calories; 3 g protein; 0 g fat; 41 g carbohydrate; 1 g fibre; 2 g sugars; 429 mg sodium.



Cost per Serving
\$2.84

Double Cheese Broccoli Stuffed Potatoes with Grilled Sausages

PREP 10 min COOK 15 min SERVES 4

Tuesday

Make Double Cheese Broccoli Stuffed Potatoes. Grill Sausages.

INGREDIENTS

| | |
|---------|--------------------------------------|
| 2 | baking potatoes, baked (from Sunday) |
| 1/2 cup | herb and garlic cream cheese |
| pinch | fresh ground pepper |
| 1 cup | chopped cooked broccoli |
| 1/2 cup | shredded old cheddar cheese |
| 2 | green onions, thinly sliced |
| 4 | Longo's Fresh Sausages |

DIRECTIONS

CUT potatoes in half horizontally and scoop out flesh leaving 1/2 inch thick wall.

MASH potato flesh with cream cheese, salt and pepper. Stir in broccoli, cheddar and onions. Spoon filling back into potato skins.

GRILL sausages and potatoes over medium greased grill for about 15 minutes or until potatoes are heated through and sausages are no longer pink inside or 165 F when tested with a thermometer.

PER SERVING (1/4 recipe): 406 calories; 32 g protein; 20 g fat; 22 g carbohydrate; 3 g fibre; 3 g sugars; 1107 mg sodium.



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Tuesday

Make Double Cheese Broccoli Stuffed Potatoes. Grill Sausages.

Cost per Serving
\$2.84

Double Cheese Broccoli Stuffed Potatoes with Grilled Sausages

PREP 10 min COOK 15 min SERVES 4

INGREDIENTS

- 2 baking potatoes, baked (from Sunday)
- 1/2 cup herb and garlic cream cheese
- pinch fresh ground pepper
- 1 cup chopped cooked broccoli
- 1/2 cup shredded old cheddar cheese
- 2 green onions, thinly sliced
- 4 Longo's Fresh Sausages

DIRECTIONS

CUT potatoes in half horizontally and scoop out flesh leaving 1/2 inch thick wall.

MASH potato flesh with cream cheese, salt and pepper. Stir in broccoli, cheddar and onions. Spoon filling back into potato skins.

GRILL sausages and potatoes over medium greased grill for about 15 minutes or until potatoes are heated through and sausages are no longer pink inside or 165 F when tested with a thermometer.

PER SERVING (1/4 recipe): 406 calories; 32 g protein; 20 g fat; 22 g carbohydrate; 3 g fibre; 3 g sugars; 1107 mg sodium.



Cost per Serving
\$3.17

Saucy Turkey Meatball Subs

PREP 5 min COOK 8 min SERVES 4-6

Wednesday

Make sauce for meatballs. Reheat broccoli and serve with subs.

INGREDIENTS

| | |
|-----------|---|
| 1 cup | 35% whipping cream |
| 1/2 cup | herb and garlic cream cheese |
| 1 1/2 tsp | Longo's Fresh Thyme, chopped |
| pinch | fresh ground pepper |
| 1 lb | cooked turkey meatballs (about 20) (from Sunday) |
| 2 cups | cooked onions and mushrooms |
| 2 tbsp | chopped fresh parsley |
| 4 | sub buns |

DIRECTIONS

HEAT cream, cream cheese, salt and pepper in large nonstick skillet over medium heat, whisking about 3 minutes or until smooth.

STIR in meatballs, onions and mushrooms and simmer for 3 minutes or until meatballs are heated through. Sprinkle with parsley.

SERVE meatballs and sauce in buns.

REHEAT 4 cups cooked broccoli and serve alongside.

PER SERVING (1/6 recipe): 685 calories; 29 g protein; 38 g fat; 59 g carbohydrate; 3 g fibre; 15 g sugars; 872 mg sodium.



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Wednesday

Make sauce for meatballs. Reheat broccoli and serve with subs.

Cost per Serving
\$3.17

Saucy Turkey Meatball Subs

PREP 5 min COOK 8 min SERVES 4

INGREDIENTS

| | |
|-----------|--|
| 1 cup | 35% whipping cream |
| 1/2 cup | herb and garlic cream cheese |
| 1 1/2 tsp | Longo's Fresh Thyme, chopped |
| pinch | fresh ground pepper |
| 1 lb | cooked turkey meatballs (about 20) (from Sunday) |
| 2 cups | cooked onions and mushrooms |
| 2 tbsp | chopped fresh parsley |
| 4 | sub buns |

DIRECTIONS

HEAT cream, cream cheese, salt and pepper in large nonstick skillet over medium heat, whisking about 3 minutes or until smooth.

STIR in meatballs, onions and mushrooms and simmer for 3 minutes or until meatballs are heated through. Sprinkle with parsley.

SERVE meatballs and sauce in buns.

Reheat 4 cups cooked broccoli and serve alongside.

PER SERVING (1/6 recipe): 685 calories; 29 g protein; 38 g fat; 59 g carbohydrate; 3 g fibre; 15 g sugars; 872 mg sodium.



Cost per Serving
\$6.12

Grilled Steak and Pepper Pasta

PREP 5 min COOK 15 min SERVES 4-6

Garlic Bread

PREP 2 min COOK 5 min SERVES 4

Thursday

Make Steak and Pepper Pasta. Make garlic bread.

INGREDIENTS

STEAK PASTA:

- 1 pkg (500 g) Longo's Artisan torchietti pasta
- 1 tbsp Longo's Extra Virgin Olive Oil
- 2 tbsp fresh parsley, chopped
- 2 cloves garlic, minced
- 1/4 tsp Longo's Crushed Chilies
- 2 cups Longo's Signature Tomato Basil Sauce
- 2 cooked striploin steaks, thinly sliced (from Sunday)
- 1 1/2 cups sliced grilled peppers
- pinch each salt and fresh ground pepper
- 1/4 cup grated Parmesan cheese

GARLIC BREAD:

DIRECTIONS

STEAK PASTA:

BOIL pasta in pot of boiling salted water for 8 minutes or until tender but firm. Drain and return to pot; keep warm.

HEAT oil in nonstick skillet over medium heat. Cook parsley, garlic and chilies for 30 seconds. Add tomato sauce; bring to a simmer. Add steak and peppers; simmer for xx minutes 3 until heated through.

TOSS sauce with pasta and sprinkle with cheese before serving.

PER SERVING (1/6 recipe): 553 calories; 26 g protein; 18 g fat; 71 g carbohydrate; 3 g fibre; 4 g sugars; 395 mg sodium.

GARLIC BREAD:

BRUSH oil over buns. Sprinkle with garlic, oregano and salt.



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Thursday

Make Steak and Pepper Pasta.

Make garlic bread.

Cost per Serving

\$6.12

Grilled Steak and Pepper Pasta

PREP 5 min COOK 15 min SERVES 4-6

Garlic Bread

PREP 2 min COOK 5 min SERVES 4

INGREDIENTS

STEAK PASTA:

- 1 pkg (500 g) Longo's Artisan torchietti pasta
- 1 tbsp Longo's Extra Virgin Olive Oil
- 2 tbsp fresh parsley, chopped
- 2 cloves garlic, minced
- 1/4 tsp Longo's Crushed Chilies
- 2 cups Longo's Signature Tomato Basil Sauce
- 2 cooked striploin steaks, thinly sliced (from Sunday)
- 1 1/2 cups sliced grilled peppers
- pinch each salt and fresh ground pepper

- 1/4 cup grated Parmesan cheese

GARLIC BREAD:

- 2 tbsp Longo's Extra Virgin Olive Oil
- 2 buns, cut in half
- 1 clove garlic, minced
- 1/4 tsp Longo's dried oregano
- Pinch salt
- 1 tbsp grated Parmesan cheese

DIRECTIONS

STEAK PASTA:

BOIL pasta in pot of boiling salted water for 8 minutes or until tender but firm.

Drain and return to pot; keep warm.

HEAT oil in nonstick skillet over medium heat. Cook parsley, garlic and chilies for 30 seconds. Add tomato sauce; bring to a simmer. Add steak and peppers; simmer for xx minutes 3 until heated through.

TOSS sauce with pasta and sprinkle with cheese before serving.

PER SERVING (1/6 recipe): 553 calories; 26 g protein; 18 g fat; 71 g carbohydrate; 3 g fibre; 4 g sugars; 395 mg sodium.

GARLIC BREAD:

BRUSH oil over buns. Sprinkle with garlic, oregano and salt.

BAKE in preheated 400 F oven for about 5 minutes or until light golden.

SPRINKLE with cheese to serve.

PER SERVING (1/4 recipe): 152 calories; 3 g protein; 9 g fat; 15 g carbohydrate; 1 g fibre; 1 g sugars; 252 mg sodium.



AFTER CLICK DISPLAY

Cost per Serving
\$2.68

Potato and Mushroom Quiche with Salad Greens

PREP 10 min COOK 30 min SERVES 8

INGREDIENTS

SALAD GREENS:

- 1 tub (5 oz/142 g) Longo's mixed salad greens
- 3 tbsp Longo's Extra Virgin Olive Oil
- 3 tbsp Longo's Balsamic or Wine Vinegar
- 1/4 tsp each salt and fresh ground pepper

DIRECTIONS

QUICHE:

PLACE in 350 F oven and heat for about 20 minutes or until warmed through.

PER SERVING (1/4 recipe): 569 calories; 15 g protein; 38 g fat; 43 g carbohydrate; 3 g fibre; 4 g sugars; 654 mg sodium.

SALAD GREENS:

WHISK together oil, vinegar, salt and pepper.

TOSS salad greens with dressing and serve with quiche.

PER SERVING (1/8 recipe): 53 calories; 0 g protein; 5 g fat; 2 g carbohydrate; 1 g fibre; 1 g sugars; 88 mg sodium.

Friday

Reheat Potato Mushroom Quiche.
Make salad.



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Friday

Reheat Potato Mushroom Quiche.
Make salad.

Cost per Serving
\$2.68

Potato and Mushroom Quiche with Salad Greens

PREP 10 min COOK 30 min SERVES 8

INGREDIENTS

SALAD GREENS:

- 1 tub (5 oz/142 g) Longo's mixed salad greens
- 3 tbsp Longo's Extra Virgin Olive Oil
- 3 tbsp Longo's Balsamic or Wine Vinegar
- 1/4 tsp each salt and fresh ground pepper

DIRECTIONS

QUICHE:

PLACE in 350 F oven and heat for about 20 minutes or until warmed through.

PER SERVING (1/4 recipe): 569 calories; 15 g protein; 38 g fat; 43 g carbohydrate; 3 g fibre; 4 g sugars; 654 mg sodium.

SALAD GREENS:

WHISK together oil, vinegar, salt and pepper.

TOSS salad greens with dressing and serve with quiche.

PER SERVING (1/8 recipe): 53 calories; 0 g protein; 5 g fat; 2 g carbohydrate; 1 g fibre; 1 g sugars; 88 mg sodium.