



Grilled Barbecue Sauced Ribs

PREP 5 min COOK 10 min SERVES 4-6

- 2 racks of ribs, cooked (from Sunday prep)
- 1 bottle Longo's Signature Maple Bourbon BBQ Sauce
- 2 green onions, thinly sliced (optional)

GRILL ribs on preheated oiled grill over medium heat for about 10 minutes, brushing with sauce, turning occasionally, or until lightly charred.

REMOVE to platter and sprinkle with green onions, if using.

PER serving (1/6 recipe): 374 calories; 18 g protein; 16 g fat; 38 g carbohydrate; 0 g fibre; 31 g sugars; 784 mg sodium.

Grilled Potato Salad

PREP 5 min SERVES 4

- 9 grilled potato slices (from Sunday prep)
- 2 tbsp Longo's Extra Virgin Olive Oil
- 2 tbsp Longo's Signature White Balsamic Vinegar
- 2 tbsp julienned sun-dried tomatoes in oil
- 1 tbsp chopped Longo's Fresh Mint
- PINCH each salt and pepper

CUT potatoes into wedges and place on platter.

STIR together oil, vinegar, tomatoes, mint, salt and pepper. Spoon over potatoes and serve.

PER serving: 381 calories; 6 g protein; 18 g fat; 52 g carbohydrate; 4 g fibre; 3 g sugars; 282 mg sodium.



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