



# FALL 2017 MAKE-AHEAD WEEKLY MENU



## MONDAY

### MAPLE CHICKEN

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

- 2 tbsp Longo's Organic All Purpose Flour
- 1 tsp Longo's Oregano Flakes
- 1/4 tsp each salt and pepper
- 2 chicken breasts, butterflied (about 1 1/4 lb)
- 1 tbsp Longo's 100% Pure Canola Oil
- 1/4 cup Longo's Signature Maple Syrup
- 3 tbsp sodium-reduced soy sauce
- 2 cloves garlic, minced

STIR together flour, oregano, salt and pepper.

DREDGE chicken to coat both sides evenly.

HEAT oil over medium-high heat and brown chicken on both sides.

REDUCE heat to low; whisk together maple syrup, soy sauce and garlic. Add to skillet.

SIMMER chicken and sauce, turning once, for about 4 minutes or until no longer pink inside.

SERVE with Longo's Garlic Mashed Potatoes (available in the Kitchen).

PER SERVING: 270 calories; 32 g protein; 7 g fat; 18 g carbohydrates; 0 g fibre; 12 g sugars; 310 mg sodium.