



SPRING 2017 MAKE-AHEAD WEEKLY MENU

Longo's has created a simple 3-step plan where you shop, prep a week's worth of meals on a Sunday and have deliciously grilled weeknight meals ready to go.

MAKE-AHEAD WEEKLY MENU SHOPPING LIST

PANTRY ITEMS - SPRING 2017

- 4 onions
- carrots
- celery
- 2 heads garlic
- Parmesan cheese
- Longo's 100% Pure Canola Oil
- Longo's Oregano
- Longo's Chili Flakes
- smoked paprika
- ground turmeric
- Worcestershire sauce
- Longo's Frozen Peas
- Longo's Pearl Couscous
- Longo's Italian Farro

GROCERY - SPRING 2017

- 1 jar Longo's Piri Piri Sauce
- 1 can (28 oz) Longo's Diced Tomatoes
- 1 can (19 oz) Longo's Mixed Beans
- 1 box Longo's Chicken Broth
- 1 bottle Longo's Balsamic Herb Bread Dipper
- 1 container Longo's Basil Pesto Sauce
- 1 jar Longo's Mango Peach Chutney

PRODUCE - SPRING 2017

- 1 bunch green onions
- 1 cauliflower
- 2 zucchini
- 2 green apples
- 1 tomato
- 1 red onion
- 1 pkg (114 g) Longo's Shiitake Mushrooms
- 1 red bell pepper
- 1 bunch radishes
- 1 orange
- 1 pkg (600 g) Longo's White Mushrooms
- 1 pkg Longo's Fresh Thyme
- 1 pkg Longo's Fresh Basil
- 1 pkg Longo's Fresh Mint
- 1 bunch fresh cilantro
- 1 bunch fresh parsley
- 1 large tubs Longo's Mixed Salad Greens

SEAFOOD/MEAT - SPRING 2017

- 1 lb and 12 oz lean ground beef
- 2 lb boneless skinless chicken breasts

SUNDAY PREP WORK

MUSHROOM SAUTÉ

YIELD 2 cups

- 1 pkg (600 g) Longo's White Mushrooms
- 2 onions, halved
- 4 cloves garlic
- 2 tbsp Longo's 100% Pure Canola Oil
- 1/4 cup chopped fresh parsley
- 2 tbsp Longo's Oregano
- 1/2 tsp each salt and pepper

PLACE mushrooms, in batches, into food processor and pulse until finely chopped. Repeat with onions and garlic.

HEAT oil in large deep nonstick skillet. Cook mushrooms, onions, garlic, parsley, oregano, salt and pepper; stir for about 20 minutes or until liquid has evaporated and started to brown. Scrape into bowl; let cool. Cover and refrigerate.

FARRO

- 1 cup Longo's Italian Farro
- 1 sprig Longo's Fresh Thyme

COOK farro in pot of boiling water with thyme for about 15 minutes or until tender but still slightly chewy. Drain well and remove thyme; set aside. Cover and refrigerate.

HERB CHICKEN BREASTS

- 2 lb (1 kg) boneless skinless chicken breasts
- 1/4 cup Longo's Balsamic Herb Bread Dipper
- 1/4 cup Longo's Basil Pesto Sauce
- 3 tbsp each chopped fresh Longo's Basil and Mint
- 4 cloves garlic, minced
- 1/2 tsp each salt and pepper

DIVIDE chicken breasts into 2 large resealable bags; set aside.

WHISK together bread dipper, pesto, basil and mint. Stir in garlic, salt and pepper. Divide marinade into each bag to coat chicken. Seal bag and massage chicken. Freeze 1 bag for Thursday Chicken Salad. Refrigerate other bag for at least 2 hours.

CHUNKY CAULIFLOWER BEAN SAUCE

PREP 10 min SERVES 4 to 6 YIELD 6 cups

- 1 tbsp Longo's 100% Pure Canola Oil
- 1 onion, finely chopped
- 1 carrot, finely chopped
- 1 stalk celery, finely chopped
- 1/2 head cauliflower, chopped (about 3 cups)
- 2 cloves garlic, minced
- 1 tbsp Longo's Oregano
- 1/2 tsp each Longo's Dried Chilies and Salt
- 1 can (28 oz) Longo's Diced Tomatoes
- 1 can (19 oz) Longo's Mixed Beans, drained and rinsed

HEAT oil in saucepan over medium heat and cook onion, carrot and celery for 5 minutes to soften. Stir in cauliflower, garlic, oregano, chilies and salt; cook, stirring for about 10 minutes or until cauliflower is starting to soften and become golden. Add tomatoes and beans; simmer for about 10 minutes or until thickened. Freeze for Wednesday night dinner.

PEARL COUSCOUS

- 1 cup Longo's Chicken Broth
- 3/4 cup water
- 1 cup Longo's Pearl Couscous
- 1 strip orange rind (about 2 inches long)

BRING chicken broth and water to boil. Add couscous and orange rind (save orange for Tuesday dinner recipe); reduce to simmer. Cook, stirring occasionally, for about 15 minutes or until couscous is tender but firm. Drain if any liquid is remaining and remove orange rind. Cover and refrigerate.

SEE FOLLOWING PAGE FOR MORE SUNDAY PREP WORK



SPRING 2017 MAKE-AHEAD WEEKLY MENU

SUNDAY PREP WORK CONTINUED

COOKED GROUND BEEF

12 oz lean ground beef

COOK beef in large nonstick skillet, breaking up with spoon for about 8 minutes or until no longer pink inside. Scrape into colander and let drain. Let cool completely, place in resealable bag and refrigerate for up to 1 day.

ROAST CHICKEN AND CAULIFLOWER

1 tbsp Longo's 100% Pure Canola Oil

1/2 head cauliflower, chopped (about 3 cups)

Pinch each salt and pepper

1 bag Herb Chicken Breasts (from Sunday prep)

TOSS oil with cauliflower, salt and pepper. Spread onto parchment-paper-lined baking sheet.

PLACE chicken breasts among cauliflower. Roast in 425°F oven for 20 minutes or until chicken is no longer pink inside and cauliflower is tender and golden.

CHOP chicken into bite-sized pieces and combine with cauliflower. Let cool and refrigerate for up to 2 days.

BEEF AND MUSHROOM KOFTA BURGERS

1 lb lean ground beef

1 cup Mushroom Sauté (from Sunday prep)

1/4 cup Longo's Signature Piri Piri Sauce

3 green onions, finely chopped

1 large clove garlic, minced

2 tbsp chopped fresh cilantro

1 tsp each smoked paprika and ground turmeric

1/4 tsp each salt and pepper

MIX together beef, Mushroom Sauté, piri piri sauce, green onions, garlic, cilantro, paprika, turmeric, salt and pepper. Shape into 6 patties.

FREEZE between parchment paper in airtight container.