



# SUMMER 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 - SUMMER 2017

Longo's 100% Pure Canola Oil  
Longo's Balsamic Vinegar of Modena (Silver Label)  
salt and pepper  
rice vinegar  
hoisin sauce  
sesame oil  
ground ginger  
Longo's Onion Powder  
Longo's Garlic Powder  
cayenne  
brown sugar  
Longo's Cinnamon  
sodium reduced soy suace  
ground cloves  
ground cumin  
carrots  
onions  
garlic

### GROCERY - SUMMER 2017

1 can sliced pineapple  
1 jar Longo's Muffaletta Mix  
1 jar Chinese 5 spice  
1 calabrese loaf  
8 corn tortillas  
1 bottle Longo's Ancho Grilling Oil

### DELI - SUMMER 2017

6 slices provolone  
small piece Monterey Jack

### PRODUCE - SUMMER 2017

4 red bell peppers  
1 green bell pepper  
1 yellow bell pepper  
1 bunch asparagus  
1 bunch green onions  
1 habanero pepper  
6 cobs of corn  
1 zucchini  
1 nappa cabbage  
1 cucumber  
1 bunch cilantro  
1 pkg Longo's Fresh Basil  
1 pkg Longo's Fresh Mint  
1 pkg Longo's Fresh Thyme  
1 pkg Shanghai noodles  
1 lime  
1 small piece fresh ginger  
1 large tub Longo's Spring Mix

### SEAFOOD/MEAT - SUMMER 2017

1 Family Favourites pkg chicken quarters  
1 Family Favourites pkg pork back ribs

## SUNDAY PREP WORK

You'll be surprised at how doing some food prep on the weekends can get you a step ahead on weekdays. Map out your week on Sunday with these 5 grilling recipes. While meat is marinating you can grill the vegetables and then prepare the Stuffed Picnic Loaf. Grill the Chinese Ribs first so you can make the Enchiladas while the Caribbean Chicken pieces grill.

### CARIBBEAN CHICKEN PIECES

**PREP 15 min GRILL 50 min SERVES 4**

- 1 bunch green onions, cut in half
- 1 habanero pepper, seeded and chopped
- 3 cloves garlic
- 1 tbsp chopped Longo's Fresh Thyme
- 1 tbsp minced fresh ginger
- 1/2 cup pineapple juice
- 1/4 cup sodium reduced soy sauce
- 1 tbsp brown sugar
- 1 tsp salt
- 1/2 tsp Longo's Cinnamon
- 1/4 tsp ground cloves
- 2 tbsp Longo's 100% Pure Canola Oil
- 1 large pkg chicken quarters, about 2 kg

BLEND green onions, pepper, garlic, thyme, ginger, juice, soy sauce, brown sugar, salt, cinnamon and cloves together until smooth. Stir in oil. PLACE chicken quarters in extra large resealable bag; pour onion mixture in and massage to coat. REFRIGERATE for 4 hours. GRILL chicken over medium-low heat, turning occasionally for about 50 minutes or until juices run clear and thermometer registers 170°F. When cool enough to handle, remove meat from 2 chicken quarters and chop. Cover and freeze for Noodle Chicken Salad. Cover and refrigerate remaining chicken quarters.

### CHINESE RIBS

**PREP 10 min GRILL 2 hrs SERVES 4**

- 3 racks pork back ribs, about 2.5 kg
- 1/4 cup Longo's 100% Pure Canola oil
- 2 tbsp Chinese 5 spice powder
- 2 tsp each ground ginger and Longo's onion powder
- 1 tsp each Longo's garlic powder and cayenne pepper
- 1 tsp salt
- 1/2 cup hoisin sauce
- 1/4 cup sodium reduced soy sauce

COMBINE oil, 5 spice powder, ginger, onion and garlic powder, cayenne and salt. Rub all over racks; cover well with plastic wrap and refrigerate for at least 4 hours or overnight. WHISK together hoisin and soy sauces; cover and refrigerate until ready to use. TURN grill to high heat then turn off one side and adjust grill to medium heat to reach a temperature of 300°F. Place racks on unlit side of grill. Grill turning occasionally for about 2 hours or until meat starts to pull up from the ends of the rib bones. BRUSH racks with hoisin mixture, turning to coat both sides and grill for about 30 minutes or until meat is tender. CUT 2 racks into single ribs and refrigerate for Monday dinner. Remove meat from remaining rack and reserve for Pork Rib Enchiladas.

## SUNDAY PREP WORK CONTINUED....

### **PORK RIB ENCHILADAS**

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

- 1 tbsp Longo's 100% Pure Canola Oil
  - 1 onion, chopped
  - 3 cloves garlic, minced
  - 1 tsp ground cumin
  - 2 tomatoes, chopped
  - 1/4 cup chopped fresh cilantro
  - 1/2 tsp each salt and pepper
  - 3 cups chopped grilled Chinese rib meat
  - 2 cobs grilled corn, kernels removed
  - 2 cups shredded Monterey Jack cheese or queso fresco
  - 8 corn tortillas
- HEAT oil in large skillet; cook onion and garlic for 2 minutes or until softened. Stir in cumin to coat. Add tomatoes, cilantro and salt and pepper; simmer for 4 minutes or until juices start to appear. Stir in rib meat and corn; cover and cook until heated through. DIVIDE filling among tortillas and sprinkle with cheese. Roll up and place in foil baking pan. Cover and freeze for up to 3 days.

### **GRILLED VEGETABLES**

**PREP 15 min GRILL 10 min SERVES 4**

- 3 red bell peppers, quartered
- 1 each green and yellow bell pepper, quartered
- 1 zucchini, sliced lengthwise
- 1 bunch asparagus, trimmed
- 2 tbsp Longo's 100% Pure Canola Oil
- 2 tbsp Longo's Signature Balsamic Vinegar of Modena (sliver label)
- 1/2 tsp each salt and pepper
- 6 cobs corn, husked

TOSS together peppers, zucchini and asparagus with oil, vinegar, salt and pepper. Spray corn with cooking spray. GRILL over medium high heat turning occasionally for about 10 minutes or until lightly charred and tender. Set aside 4 grilled zucchini slices and 4 quarters each of red and yellow peppers for Picnic Loaf and refrigerate remaining grilled vegetables to serve with Chicken Wednesday.

### **STUFFED PICNIC LOAF**

**PREP 15 min GRILL 5 min SERVES 4 to 6**

- 1 oval Calabrese loaf
- 2 tbsp Longo's Ancho Grilling Oil
- 1/4 cup Longo's Basil Pesto Sauce
- 1 cup Longo's Signature Muffuletta
- 4 grilled zucchini slices
- 4 quarters each of red and yellow peppers
- 6 slices provolone cheese

CUT loaf in half crosswise and scoop out some of the inside of the bread, leaving about 1 inch boarder. Freeze inside crumb for another use. BRUSH inside of loaf with oil then pesto. Spread muffuletta mix over bottom of loaf and top with grilled vegetables. Layer cheese over top and place top of loaf over top to seal. Wrap well with plastic wrap and using a large plate weigh down the loaf in the refrigerator.