



*See Sunday prep instructions

WEDNESDAY: STEAM-GRILLED ZUCCHINI PASTA WITH EGGS

Prep: 5 min Grill: 8 min Serves: 4

5 zucchini, trimmed (about 680 g) and spiralized from Sunday prep

1 pint Longo's Grape Tomatoes, halved

1 tub (227 g) Longo's Avocado Hummus

3 tbsp chopped fresh Longo's Basil

4 Longo's Enriched Coop Large Eggs

Combine vegetable "noodles" and tomatoes in grill basket and toss with 1 tbsp of Longo's Extra Virgin Olive oil and 1/2 tsp each salt and pepper; set aside.

Stir together hummus, basil and 3 tbsp Longo's Extra Virgin Olive Oil.

Grill noodles on preheated grill over high heat, tossing gently for about 8 minutes or until tomatoes start to blister. Place in large bowl and toss with hummus mixture; keep warm.

Heat non-stick skillet over medium heat and add 1 tbsp Longo's Extra Virgin Olive Oil. Crack eggs into skillet



and sprinkle with a pinch of salt and pepper. Cook eggs for about 4 minutes for sunny-side up or until desired doneness.

Divide noodle mixture among plates and top each with an egg to serve.

Thaw chicken cubes for Thursday dinner.

Per serving: 380 calories; 13 g protein; 30 g fat; 18 g carbohydrate; 5 g fibre; 7 g sugars; 720 mg sodium.