

Parmesan Lemon-Chai Rigatoni with Broccoli

Need a little sunshine in your day? This dinner has you covered. Sautéed broccoli and rigatoni get a Mediterranean treatment thanks to member-favorite lemon-chai vinaigrette and plenty of Parmesan cheese. It's a speedy meal everyone will love.

15 Minutes to the Table

15 Minutes Hands On

1 Whisk Super Easy

Getting Organized

EQUIPMENT

Saucepan
Large Skillet
Baking Sheet
Mixing Bowl

FROM YOUR PANTRY

Olive Oil
Salt & Pepper
Sugar (Optional)
Cayenne (Optional)

5 MEEZ CONTAINERS

Walnuts
Broccoli
Rigatoni
Lemon-Chai Vinaigrette
Parmesan Cheese

Make The Meal Your Own

Kids and picky eaters will be converted into broccoli lovers with this dinner. If any are skeptical, though, it is just as delicious with green peas.

Omnivore's Option – Sausage is a tasty addition to this recipe. Sauté it in a skillet while the broccoli is cooking and then slice and toss with the pasta.

Good To Know

If you're making the gluten-free version, we've given you gluten-free pasta.

If you're making the vegan version, we've left the parmesan out of your meal.

Health snapshot per serving – 850 Calories, 35g Protein, 10g Fiber, 23 WW+ Points

Lightened up snapshot – 435 Calories, 30g Fat and 13 WW+ points when you leave out the cheese and walnuts.

Have questions? The dinner hotline is standing by from 5 to 8 pm at 773.916.6339.

INGREDIENTS: Broccoli, Rigatoni, Olive Oil, Parmesan Cheese, Lemon, Walnuts, Scallions, Brown Sugar, Garlic, Spices

meezmeals

1. Getting Organized

Put a saucepan of water on to boil and preheat your oven to 400 (or use your toaster oven).

2. Make the Spiced Nuts

Add 1 Tbsp each of sugar, oil and water to a large mixing bowl and stir in a pinch of cayenne. Add the **Walnuts**, coat them in the mixture and put everything on a foil-lined (or parchment-lined) baking sheet. Bake 10 to 12 minutes; stir every 3 minutes, making sure to scrape up all of the good stuff on the bottom.

Chef Max suggests cayenne, but if you don't have it, feel free to use your favorite chili flakes or chili powder.

Your nuts are done when the sauce begins to stick to them.

3. Sauté the Broccoli

Heat 1 Tbsp olive oil in a large skillet over high heat. Add the **Broccoli** and cook until golden brown in places, about 7 to 12 minutes. Turn over and cook the other side until golden brown.

4. Cook the Rigatoni

While the broccoli is cooking, salt the boiling pasta water and add the **Rigatoni**. Cook until al dente, about 8 to 12 minutes. Drain and set aside.

5. Put It All Together

Add the broccoli to the rigatoni with half of the **Lemon-Chai Vinaigrette**. Toss well, then serve topped with the spiced nuts and **Parmesan Cheese**, plus more vinaigrette to taste. Enjoy!

Love this recipe? #meezmagic

Instructions for two servings.

Meez Meals * 1459 N. Elmwood Avenue * Evanston * Illinois * Prepare by August 9

Himalayan Vegetable Fried Rice

We love fried rice, but the traditional version isn't the healthiest main course in town. We challenged Chef Max to make a fresher, healthier, more delicious version of the traditional recipe, and boy did he succeed. It all starts with superfood Himalayan red rice, which we're sautéing with shaved Brussels sprouts, tiny cauliflower bites and protein-packed edamame. A traditional simmering sauce pulls it all together. Yum!

25 Minutes to the Table

25 Minutes Hands On

2 Whisks *Easy*

Getting Organized

EQUIPMENT

Large Skillet or Wok
Mixing Bowl

FROM YOUR PANTRY

Vegetable Oil
2 Eggs (optional)
Salt & Pepper

5 MEEZ CONTAINERS

Cooked Red Rice
Brussels & Cauliflower
Sauté Sauce
Edamame
Scallions

Make The Meal Your Own

Kids and picky eaters love fried rice. Cook the sauce, rice and vegetables separately, and let each diner assemble their own mix.

Omnivore's Option – Pre-cooked or leftover chicken makes a great addition. Add it to the skillet when you add in the cooked rice.

Good To Know

If you're making the vegan version, skip the eggs. The meal is just as delicious without them.

Health snapshot per serving – 460 Calories, 20g Protein, 10g Fat, 80g Carbs, 12 WW+ Points

Have questions? The dinner hotline is standing by from 5 to 8 pm at 773.916.6339.

INGREDIENTS: Red Rice, Cauliflower, Brussels Sprouts, Edamame, Green Onion, Soy Sauce, Mirin, Sherry, Black Beans, Rice Wine Vinegar, Brown Sugar, Sesame Oil, Chili Paste

meezmeals

1. Rinse and Dry the Rice

Place the **Cooked Red Rice** in a fine mesh strainer and rinse under cold water. Leave the rice in the strainer and allow to drain for 1 to 2 minutes. Blot the rice with a paper towel to remove any excess moisture after draining.

Fried rice is best with day-old rice. We pre-cooked it, but drying it ensures it will stir-fry perfectly.

2. Cook the Brussels and Cauliflower

Heat 1 to 2 Tbsp of vegetable oil in a large skillet over high heat. Once the oil is smoking, add the **Brussels & Cauliflower** and cook for 5 minutes without stirring or moving the vegetables. After 5 minutes, give the vegetables a stir and then let sit for another 3 to 5 minutes. Repeat this process one more time (stir, let sit 3 to 5 minutes) until vegetables are crispy and browned (approximately 15 minutes total).

We recommend using the largest skillet you have, since everything gets cooked together. If you have a wok, use that instead.

Add 2 Tbsp of **Sauté Sauce** into the skillet and stir well. Remove to a mixing bowl.

3. Toast the Edamame

Wipe out your skillet with a paper towel and return to high heat with 1 Tbsp of oil. Add the **Edamame** and stir-fry until browned, 3 to 5 minutes. Add to the bowl with the vegetables and set aside.

4. Finish the Stir-Fry

Heat 2 Tbsp of oil in your skillet. Beat the eggs (if using) in a small dish. When the oil is smoking, add the eggs and scramble for 20 to 30 seconds. Add the rice and stir-fry for another minute and then add the **Scallions** and cook one minute more. Add the remaining sauce, stir and cook for 3 minutes. Toss the fried rice with the Brussels, cauliflower and edamame to serve. Enjoy!

If you're skipping the eggs, add the rice to your hot oil and continue with step 4.

Instructions for two servings.

Meez Meals * 1459 N. Elmwood Avenue * Evanston * Illinois * Prepare by August 9

Baked Eggplant Caprese

You can't get much more traditional than baking eggplant with tomatoes, basil and lots of melty cheese. But since this is Meez, our version is easier, healthier and fresher tasting than the traditional Eggplant Parmesan. The secret is freshly sautéed cherry tomatoes on top, a bed of cannellini beans underneath and a balsamic drizzle over top. Yum!

45 Minutes to the Table

10 Minutes Hands On

1 Whisk Super Easy

Getting Organized

EQUIPMENT

Baking Sheet
Large Skillet
Casserole Dish

FROM YOUR PANTRY

Olive Oil
Salt & Pepper

6 MEEZ CONTAINERS

Eggplant
Tomatoes
Basil Garlic Oil
Cannellini Beans
Mozzarella & Parmesan
Balsamic Glaze

Make The Meal Your Own

Cooking with a picky eater? Serve their eggplant with their favorite tomato sauce and melted cheese.

Omnivore's Option – White fish, like sole and tilapia, are great options. Serve it on top of the eggplant.

Good To Know

If you're making the vegan version, we've left the cheese out of your meal.

Health snapshot per serving – 580 Calories, 50g Fat, 20g Protein, 90g Carbs, 22 WW+ Points

Lightened up snapshot – 450 Calories, 25g Fat and 11 WW+ Points with no cheese and ¼ of the balsamic glaze.

Have questions? The dinner hotline is standing by from 5 to 8 pm at 773.916.6339.

INGREDIENTS: Eggplant, Cannellini Beans, Grape Tomatoes, Mozzarella Cheese, Olive Oil, Parmesan Cheese, Balsamic Vinegar, Brown Sugar, Basil, Garlic

meezmeals

1. Getting Organized

Preheat your oven to 425.

2. Bake the Eggplant

Rub both sides of **Eggplant** with olive oil, salt and pepper. Lay out on a flat baking sheet and bake in the oven until the edges begin to brown and the center softens, about 20 minutes.

Eggplant sucks up olive oil like a sponge, so use a light touch and move fast.

3. Make the Tomato Sauce

While the eggplant is cooking, heat 2 Tbsp of olive oil in a large skillet over medium-high heat. When it's nice and hot, add the **Tomatoes** and cook until they turn golden brown in places and a few of them have started to split, about 5 minutes. Add the **Basil Garlic Oil**, and cook until the garlic starts to turn golden and the sauce is fragrant, about 1 to 2 minutes. Crush the tomatoes until the mixture looks like a sauce.

While crushing the tomatoes, be careful of splattering tomato juice. It's very hot!

4. Bake the Casserole

In the bottom of a casserole dish, spread the **Cannellini Beans** in an even layer. Layer on the eggplant next, then the tomato sauce and finally top with the **Mozzarella & Parmesan**. Bake until the cheese starts to brown, about 20 to 25 minutes.

Make sure you choose a pan big enough to arrange the eggplant in a single layer. You want an even cook.

When it comes out of the oven, drizzle the **Balsamic Glaze** over top. Enjoy!

Love this recipe? #meezmagic

Instructions for two servings.

Meez Meals * 1459 N. Elmwood Avenue * Evanston * Illinois * Prepare by August 9

Homestyle Cajun Beans with Cornbread Toast

The flavors of a southern backyard BBQ in a no-fuss dinner. We're serving Southern-style beans over cornbread toast, then topping it with a classic coleslaw. It's the kind of comfort food we can't resist.

20 Minutes to the Table

5 Minutes Hands On

1 Whisk Super Easy

Getting Organized

EQUIPMENT

Baking Sheet
Mixing Bowl
Large Skillet

FROM YOUR PANTRY

Vegetable Oil
Salt & Pepper

4 MEEZ CONTAINERS

Cabbage and
Carrots
Coleslaw Dressing
Cajun Beans
Cornbread

Make The Meal Your Own

Cooking with a picky eater? Serve the slaw on the side and offer ketchup as well.

Leftovers Tip – We're giving you just enough cornbread for 2 servings. If you have extra beans, reheat them in a skillet with a little water (or barbecue sauce) and add your favorite protein (we like chicken or tofu). Serve in a tortilla as a fusion taco topped with any extra slaw.

Want to put a twist on your slaw? Toss the cabbage and carrots with your favorite vinaigrette instead of the coleslaw dressing.

Good To Know

Health snapshot per serving – 570 Calories, 20g Fat, 30g Protein, 17 WW+ Points

Lightened up snapshot – 460 Calories, 10g Fat and 15 WW+ points when you use $\frac{3}{4}$ of the coleslaw dressing.

Have questions? The dinner hotline is standing by from 5 to 8 pm at 773.916.6339.

INGREDIENTS: Beans, Cabbage, Cornbread, Carrots, Onion, Mayonnaise, White Wine Vinegar, Brown Sugar, Lemon, Garlic, Spices

meezmeals

1. Getting Organized

Preheat your oven to 375.

You can skip this step if you have a toaster oven.

2. Mix the Coleslaw

Put the **Cabbage & Carrots** into a large mixing bowl with the **Coleslaw Dressing**. Toss well, then put into the refrigerator to chill for at least 30 minutes.

3. Cook the Beans

Heat 2 to 3 Tbsp vegetable oil in a large skillet over medium-high heat. Add the **Cajun Beans** and cook for 4 to 5 minutes, then add 1 ½ cups of water. Bring to a boil, and then reduce the heat to a simmer. Cook uncovered, until thickened, about 5 to 6 minutes. Season with salt and pepper to taste.

4. Toast the Cornbread

Slice the **Cornbread** into pieces and toast in a conventional or toaster oven. Bake until the cornbread is lightly golden and crispy at the edges, about 5 minutes in a traditional oven or 2 to 3 minutes in a toaster oven.

5. Put It All Together

Serve the beans over the cornbread and top with the slaw. Enjoy!

Love this recipe? #meezmagic

Instructions for two servings.

Meez Meals * 1459 N. Elmwood Avenue * Evanston * Illinois * Prepare by August 9

Seared Tilapia with Pineapple Salsa

Inspired by the flavors of the West Indies, this weeknight treat is family favorite. Seared tilapia topped with a fresh pineapple and cilantro salsa, then served over Jamaican-spiced coconut rice. It's a tropical recipe we just love.

20 *Minutes to the Table*

15 *Minutes Hands On*

1 Whisk *Super Easy*

Getting Organized

EQUIPMENT

Saucepan
Shallow Pie Pan or Plate
Large Skillet

FROM YOUR PANTRY

½ Cup Flour
Olive Oil
Salt & Pepper

4 MEEZ CONTAINERS

Rice
Seasoned Coconut Milk
Tilapia
Pineapple Salsa

Make The Meal Your Own

Want to add something extra? Roasted, chopped nuts add a great crunch to this recipe. Chef Max recommends peanuts or cashews, but you can use whatever you have on hand. Just sprinkle them over the fish and pineapple salsa before serving.

Our tilapia is responsibly fished, so it's free from dyes, antibiotics and any industrial grain-based diets.

Good To Know

Health snapshot per serving – 580 Calories, 10g Fat, 30g Protein, 50g Carbs, 14 WW+ Points

Lightened up snapshot – 495 Calories, 10g Fat, and 12 WW+ Points with ½ the white rice.

Have questions? The dinner hotline is standing by from 5 to 8 pm at 773.916.6339.

INGREDIENTS: Tilapia, Rice, Coconut Milk, Pineapple, Red Bell Pepper, Yellow Bell Pepper, Celery, Cilantro, Green Onion, Garlic, Spices

meez *meals*

1. Getting Organized

Put a saucepan of water on to boil.

2. Cook the Rice

Add the **Rice** to the boiling water. Reduce heat to medium and simmer uncovered for 15 minutes. Drain and return to the saucepan. Stir in **Seasoned Coconut Milk** and cook over low heat, stirring gently, until creamy, about 3 minutes.

Drain the rice when it still has a little bite to it.

3. Dredge and Cook the Tilapia

Pour ½ cup flour into a shallow pie pan or on to a plate and add a generous pinch of salt and pepper. Pat the **Tilapia** dry with a paper towel and then coat with the flour, making sure each fillet is covered with a thin layer. Repeat this process with remaining tilapia.

Heat 2 Tbsp of oil in the now-empty skillet on high heat. Add the tilapia and cook 4 minutes. Flip and cook an additional 2 minutes. Add 2 Tbsp water to the pan, turn off the heat and let rest for 3 minutes.

If you're working in batches, use 1 Tbsp of water per fillet.

4. Put It All Together

Serve rice topped with tilapia and **Pineapple Salsa**.

*Love this recipe? *meezmagic*

Instructions for two servings.

Meez Meals * 1459 N. Elmwood Avenue * Evanston * Illinois * Prepare by August 6

Chicken Pesto Pizza

We heard you! Members fell in love with our Chicken Alfredo Pizza, so we've been working hard on more family favorite pizzas. One bite of Chef Max's classic pesto pizza, and we knew we had a recipe even better than the alfredo inspiration. With basil pesto, red bell peppers, sundried tomatoes and free-range chicken under plenty of melted mozzarella, it's simply delicious.

Getting Organized

EQUIPMENT

Rimmed Baking Sheet

FROM YOUR PANTRY

Flour
Olive Oil
Salt & Pepper

5 MEEZ CONTAINERS

Chicken Breast
Whole Wheat Pizza Dough
Pesto
Sundried Tomatoes & Red Peppers
Mozzarella

Make The Meal Your Own

Eating with a picky eater? Skip the Sundried tomatoes and bell peppers on their share of the pizza.

Have leftover veggies in your fridge? Sliced mushrooms, spinach, or even blanched broccoli would be great on this flatbread as well.

Our free-range chickens thrive on an all-natural diet. They are never fed growth hormones and receive no antibiotics in their feed, their water, through intramuscular injection, or even the egg...ever.

Good To Know

Be sure to generously season your chicken with salt and pepper before cooking. Chef Max recommends using ¼ tsp of each.

Health snapshot per serving – 715 Calories, 30g Fat, 55g Protein, 50g Carbs, 18 WW+ Points

Lightened up snapshot – 518 Calories, 20g Fat and 12 WW+ Points with no mozzarella and 2/3 of the pizza dough.

Have questions? The dinner hotline is standing by from 5 to 8 pm at 773.916.6339.

25 Minutes to the Table

10 Minutes Hands On

1 Whisk Super Easy

INGREDIENTS: Free-Range Chicken, Whole Wheat Pizza Dough, Red Pepper, Mozzarella Cheese, Sundried Tomatoes, Basil, Olive Oil, Parmesan Cheese, Lemon Juice, Garlic, Spices

meez meals

Instructions for two* servings.

Meez Meals * 1459 N. Elmwood Avenue * Evanston * Illinois * Prepare by August 7

1. Getting Organized

Preheat your oven to 425 and take the pizza dough out of the refrigerator.

2. Prep the Chicken

Rinse the **Chicken Breast** under cold water and pat dry with a towel. Place the chicken on a cutting board. Using a sharp knife, cut the chicken breast lengthwise into long strips, about 1/4" wide. Rotate the chicken breast 90 degrees and then cut across to create small, even cubes of chicken.

Once the chicken is cut, generously sprinkle with salt and pepper (we use 1/4 tsp salt and 1/4 tsp pepper, so use about half per side, or more if you like).

3. Assemble the Flatbread

Shape your **Whole Wheat Pizza Dough**. Sprinkle your counter with a little flour and stretch the dough into shape. The size and thickness are up to you, but we target about 1/4" thickness.

Transfer the dough to your baking sheet and top with **Pesto, Sundried Tomatoes & Red Peppers** and chopped chicken.

4. Bake the Flatbread

Bake the flatbread until the chicken is no longer pink on the outside, about 7 minutes. Top with **Mozzarella** and continue baking until the crust is brown and the cheese is melted, about 8 to 10 minutes.

Don't forget to take the dough out. Warmer dough is easier to work with!

We usually make two-person pizzas and ours are about 8" wide and 14" long.

Oil your baking sheet or line with parchment paper so the pizza is easy to remove.

*Love this recipe?
#meezmagic*

INGREDIENTS: Free-Range Chicken, Whole Wheat Pizza Dough, Red Pepper, Mozzarella Cheese, Sundried Tomatoes, Basil, Olive Oil, Parmesan Cheese, Lemon Juice, Garlic, Spices

meez *meals*

Thai Sirloin Steak Udon Bowl

Thai flavors at their best. We're pairing an irresistible basil peanut sauce with free-range sirloin steak and fresh peppers. Served over a bed of udon noodles, it's a dinner you'll crave again and again.

15 Minutes to the Table

15 Minutes Hands On

1 Whisk *Super Easy*

Getting Organized

EQUIPMENT

Saucepan
Large Skillet

FROM YOUR PANTRY

Olive Oil
Salt & Pepper

4 MEEZ CONTAINERS

Udon Noodles
Sirloin
Peppers & Onions
Thai Basil Peanut
Sauce

Make The Meal Your Own

Want to add something extra? Chopped toasted nuts are a fun addition to the finished dish. Use whatever you have on hand – peanuts, cashews and almonds all work – and sprinkle over the dish before serving.

Our beef comes from a local farm down the road in Aurora, IL. These cows are raised on open pastures with care and dedication and are free of antibiotics and growth-promoting hormones.

Good To Know

Be sure to generously season your beef with salt and pepper before cooking; the salt adds flavor while also keeping the meat tender. Chef Max recommends using ½ tsp of each.

If you're making the gluten-free version, we've given you rice noodles, instead.

Health snapshot per serving – 1,135 Calories, 60g Fat, 50g Protein, 100g Carbs, 30 WW+ Points

Lightened up snapshot – 470 Calories, 30g Fat, and 13 WW+ Points with no udon and 1/3 of the Thai basil peanut sauce.

Have questions? The dinner hotline is standing by from 5 to 8 pm at 773.916.6339.

INGREDIENTS: Bell Peppers, Grass-Fed Beef, Udon Noodles, Red Onion, Peanuts, Vegetable Oil, Rice Wine Vinegar, Soy Sauce, Brown Sugar, Basil, Ginger, Garlic, Sesame Oil

meez meals

1. Getting Organized

Put a saucepan of water on to boil.

2. Cook the Udon

Salt the boiling water and add the **Udon Noodles**. Cook until they are soft, about 6 to 8 minutes, then drain.

3. Cook the Peppers

While the udon is cooking, heat 2 Tbsp olive oil in a large skillet over medium-high heat. When the oil is smoking, add the **Peppers & Onions** and cook until browned, 4 to 7 minutes. Remove to a bowl or plate.

4. Cook the Beef

Return the now-empty skillet to the stove over high heat. While the skillet is heating, pat the **Sirloin** dry with a towel and season generously with salt and pepper (we recommend ½ tsp of each). When the skillet is very hot, add the beef. Cook it, without stirring, until the bottom browns and the sides start to color, about 45 to 60 seconds.

- **If you prefer your beef medium-rare**, flip it, add the **Thai Basil Peanut Sauce**, give it a good stir, and then immediately remove to the bowl with the peppers.
- **If you prefer your beef medium**, flip it, add the **Thai Basil Peanut Sauce** and continue cooking for 30 seconds to 1 minute until fully browned. Remove to the bowl with the peppers.
- **If you prefer your beef well done**, flip it, add the **Thai Basil Peanut Sauce** and continue cooking for 1 minute. Remove to the bowl with the peppers.

5. Put It All Together

Serve the udon noodles topped with Thai basil beef, peppers and onions.

To test if the skillet is hot enough for the beef, hold your hand about 6 inches above the skillet. If you can feel serious heat, it's ready to go.

If you have a digital timer or a stopwatch, use it while you cook the beef - a minute goes by faster than you think.

Beef continues to cook as it rests, so remove it from the heat when it's a little less done than you like to prevent it from overcooking.

Love this recipe?

#meezmagic

Instructions for two servings.

Meez Meals * 1459 N. Elmwood Avenue * Evanston * Illinois * Prepare by August 7

Buttermilk Broccoli Salad

5 Minutes to the Table

5 Minutes Hands On

Getting Organized

EQUIPMENT

Mixing Bowl

FROM YOUR PANTRY

Salt & Pepper

5 MEEZ CONTAINERS

Broccoli

Toasted Almonds

Cranberries

Red Onion

Buttermilk Dressing

Put It All Together

Toss the **Broccoli, Toasted Almonds, Cranberries** and **Red Onion** together in a mixing bowl with half of the **Buttermilk Dressing**. Mix well, then add salt and pepper, plus more dressing to taste. Enjoy!

Good to Know

Health Snapshot per serving (serves 2)

255 Calories, 20g Fat, 20g Carbs, 5g Protein
7 WW+ Points

Have Questions?

We're standing by at 773.916.6333

INGREDIENTS: Broccoli, Buttermilk, Red Onion, Dried Cranberries, Mayonnaise, Almonds, Cider Vinegar, Sugar

Prepare by August 9

Meez Meals * 1459 N. Elmwood Avenue * Evanston * Illinois

Shaved Brussels Sprout Salad

10 Minutes to the Table

10 Minutes Hands On

1 Whisk Super Easy

Getting Organized

EQUIPMENT

Mixing Bowl
Baking Sheet

FROM YOUR PANTRY

Olive Oil
Salt & Pepper

4 MEEZ CONTAINERS

Tortillas
Brussels &
Cauliflower
Chickpeas & Dates
Lemon & Feta
Vinaigrette

Make The Meal Your Own

This is a great make-ahead salad. Toast the tortillas in advance, and just toss and serve when you're ready to eat.

Good to Know

Health Snapshot per serving (serves 2)

350 Calories, 15g Fat, 50g Carbs, 9 WW+ Points

Have questions? The dinner hotline is standing by from 5 to 8 pm at 773.916.6339.

INGREDIENTS: Brussels Sprouts, Cauliflower, Chickpeas, Corn Tortillas,
Olive Oil, Dates, Feta, Lemon, White Wine Vinegar,
Green Onions

meezmeals

1. Getting Started

Preheat your oven to 400.

2. Crisp the Tortillas

Cut the **Tortillas** into ½" strips and toss with olive oil, salt and pepper. Bake until crispy with bubbles forming on top, about 5 to 7 minutes.

3. Put It All Together

Toss the **Brussels & Cauliflower** and **Chickpeas & Dates** in a mixing bowl with half of the **Lemon & Feta Vinaigrette**. Mix well, then add more vinaigrette to taste. Serve topped with the crispy tortillas. Enjoy!

Love this recipe? #meezmagic

Prepare by August 9

Meez Meals * 1459 N. Elmwood Avenue * Evanston * Illinois

Fresh Hummus with Harissa & Fresh Pita

10 Minutes to the Table

10 Minutes Hands On

1 Whisk Super Easy

Getting Organized

EQUIPMENT

Large Skillet

FROM YOUR

PANTRY

Salt & Pepper

3 MEEZ

CONTAINERS

Pita Dough

Hummus

Harissa

Make This Meal Your Own

Never heard of harissa? It's an aromatic Middle Eastern chili paste that adds amazing flavor to any dish. It does pack a punch, though, so start with just a little, even if you're a fan of spice.

Good to Know

Health Snapshot per serving (serves 4)

270 Calories, 25g Carbs, 5g Protein, 7 WW+ Points

Have questions? The dinner hotline is standing by from 5 to 8 pm at 773.916.6339.

INGREDIENTS: Corn Tortillas, Avocado, Tomatoes, Onion, Lime Juice, Cilantro, Olive Oil, Spices

meezmeals

1. Cook the Pita

Heat a large skillet over high heat. While it's heating, shape the **Pita Dough** into 4 balls. Flatten each into ½" thick disks, then cook two at a time in your skillet with a little olive oil. Cook until golden brown on the bottom, about 3 to 5 minutes, then flip and cook until the other side is golden brown, about 2 minutes. Repeat until you've cooked all the dough.

2. Mix the Hummus

Drizzle 1 to 2 Tbsp of olive oil on top of the **Hummus** and add the spicy **Harissa** and plenty of salt and pepper to taste. (It's an important step.)
Serve with the warm pitas and enjoy!

Love this recipe? #meezmagic

Cook by August 9

Meez Meals * 1459 N. Elmwood Avenue * Evanston * Illinois

Fresh Basil Pea Pesto Quesadilla

25 *Minutes to the Table*

5 *Minutes Hands On*

1 Whisk *Super Easy*

Getting Organized

EQUIPMENT

Baking Sheet

FROM YOUR PANTRY

Vegetable Oil

4 MEEZ CONTAINERS

Tortillas

Parsnips

Gouda

Basil Pea Pesto

Good to Know

Health Snapshot per serving (serves 1)

800 Calories, 45g Fat, 80g Carbs, 10g Fiber

22 WW+ Points

Lightened up snapshot (1 tortilla, ½ gouda & pesto) 500 Calories, 30g Fat, 13 WW+ Points

Have questions? The dinner hotline is standing by from 5 to 8 pm at 773.916.6339.

INGREDIENTS: Flour Tortillas, Parsnip, Gouda, Peas, Olive Oil, Lemon Juice, Basil, Garlic

meezmeals

1. Getting Organized

Preheat your oven to 400.

2. Roast the Veggies

Toss the **Parsnips** with 1 Tbsp of oil and spread in a single layer on a baking sheet. Roast until just starting to brown, 7 to 10 minutes. Move the parsnips to one side of the baking sheet to allow room to build the quesadilla.

3. Build the Quesadilla

Oil the baking sheet with 1 to 2 Tbsp oil. Take one **Tortilla** and wipe it through the oil to coat one side. Repeat with the second tortilla, leaving it on the baking sheet oiled-side down.

Spread the **Basil Pea Pesto** on the tortilla and then top with half of the **Gouda** and all of the parsnips. Sprinkle the remaining gouda on top. Top with the second tortilla, oiled-side up, and gently press down.

4. Put It All Together

Bake the quesadilla until the top and edges are golden brown, about 6 to 8 minutes. Flip the quesadilla, and cook an additional 3 to 4 minutes. Cut into wedges and serve. Enjoy! *Love this recipe? #meezmagic*

Prepare by August 9

Meez Meals * 1459 N. Elmwood Avenue * Evanston * Illinois

Health Snapshot

Lemon Chai Rigatoni

850 Calories
35 g Protein
60 g Fat
45 g Carbs.
10 g Fiber
980 mg Sod.

23 WW+ Points

340% Vitamin C
80% Calcium
70% Vitamin A

Himalayan Fried Rice

460 Calories
20 g Protein
10 g Fat
80 g Carbs.
11 g Fiber
1,555 mg Sodium

12 WW+ Points

220% Vitamin C
35% Folate
15% Calcium

Eggplant Caprese

580 Calories
20 g Protein
50 g Fat
90 g Carbs
15 g Fiber
900 mg Sodium

22 WW+ Points

30% Vitamin C
25% Calcium
25% Folate

Cajun Beans with Cornbread

570 Calories
30 g Protein
20 g Fat
70 g Carbs.
15 g Fiber
1200 mg Sodium

17 WW+ Points

70% Vitamin C
25% Calcium
20% Vitamin A

Tilapia with Pineapple Salsa

580 Calories
70 g Protein
10 g Fat
50 g Carbs.
5 g Fiber
215 mg Sodium

14 WW+ Points

195% Vitamin C
40% Vitamin A
35% Calcium

Lighten Up Option

Many of our meals can be prepared without all of the calorie-dense ingredients and still keep their magic.

Rigatoni

No cheese, no walnuts

435 Calories
30 g Fat
13 WW+ Points

Fried Rice

No changes

460 Calories
10 g Fat
12 WW+ Points

Eggplant

No cheese, ¾ balsamic glaze

450 Calories
25 g Fat
11 WW+ Points

Cajun Beans

¾ coleslaw dressing

460 Calories
10 g Fat
15 WW+ Points

Tilapia

½ rice

495 Calories
10 g Fat
12 WW+ Points

Health Snapshot

chicken pesto flatbread	Thai Sirloin Steak Udon	Buttermilk Broccoli Salad	Shaved Brussels Salad	Fresh Hummus	Basil Pesto Quesadilla
715 Calories	1,135 Calories	255 Calories	350 Calories	270 Calories	800 Calories
55 g Protein	50 g Protein	5 g Protein	10 g Protein	5 g Protein	25 g Protein
30 g Fat	60 g Fat	20 g Fat	15 g Fat	15 g Fat	45 g Fat
50 g Carbs.	100 g Carbs.	20 g Carbs.	50 g Carbs.	25 g Carbs.	80 g Carbs.
5 g Fiber	10 g Fiber	5 g Fiber	10 g Fiber	5 g Fiber	10 g Fiber
1377mg Sodium	990 mg Sod.	80 mg Sod.	425 mg Sod.	380 mg Sodium	1,245 mg Sod.
18 WW+ Points	30 WW+ Points	7 WW+ Points	9 WW+ Points	7 WW+ Points	22 WW+ Points
190% Vitamin C	250% Vitamin C	90% Vitamin C	90% Vitamin C	10% Vitamin B6	40% Calcium
40% Vitamin A	50% Vitamin B12	30% Vitamin E	35% Vitamin B6	10% Vitamin C	35% Vitamin C
50% Vitamin B-6	50% Vitamin A	20% Vitamin A	15% Calcium	10% Vitamin E	30% Folate

Lighten Up Option

Many of our meals can be prepared without all of the calorie-dense ingredients and still keep their magic.

Flatbread	Thai Sirloin	Salad	Salad	Hummus	Quesadilla
<i>no mozzarella and 2/3 of the pizza dough</i>	<i>No udon, 1/3 sauce</i>	<i>No changes</i>	<i>No changes</i>	<i>No changes</i>	<i>1 tortilla, 1/2 gouda & pesto</i>
518 Calories	470 Calories	255 Calories	350 Calories	270 Calories	500 Calories
20 g Fat	30 g Fat	20 g Fat	15 g Fat	15 g Fat	30 g Fat
12 WW+ Points	13 WW+ Points	7 WW+ Points	9 WW+ Points	7 WW+ Points	13 WW+ Points

These are our best estimates for a single serving based on the recipes as written. The actual nutritional information may vary a bit. And, of course, if you have leftovers, the actual numbers will be lower.