

Artichoke Frittata with Sun Dried Tomato Salsa

We're hooked on frittatas. The classic Italian Osteria food is wonderfully flexible and perfect comfort food that's great hot or cold. We're making ours with artichokes and pecorino cheese, and then serving it with an Italian-inspired sun-dried tomato and broccoli salsa. Yum!

20 Minutes to the Table

10 Minutes Hands On

1 Whisk Super Easy

Getting Organized

EQUIPMENT

Large Oven-Safe
Skillet
Mixing Bowl

FROM YOUR PANTRY

Olive Oil
Salt & Pepper

5 MEEZ CONTAINERS

Broccoli & Sundried
Tomatoes
Olive Vinaigrette
Seasoned Artichokes
Eggs
Pecorino Cheese

Make The Meal Your Own

Omnivore's Option – Bacon is perfect for this dish. Cook it first, and then mix it with the egg.

Cooking with a picky eater? Toss the broccoli and sundried tomatoes with their favorite salad dressing.

In the mood for something cold? Cook the frittata in advance and serve at room temperature, instead. Just be sure to wait to top it with the salsa until you're ready to eat.

Good To Know

Not sure if your skillet is oven safe? Check to make sure there is no plastic before putting it in the oven. If you don't have one, transfer to a casserole dish and cook it that way.

Health snapshot per serving – 630 Calories, 30g Fat, 40g Protein, 40g Carbs, 15 WW+ Points

Lightened up snapshot – 440 Calories, 20g Fat and 10 WW+ Points when you leave out the cheese.

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

INGREDIENTS: Eggs, Artichokes, Broccoli, Pecorino Cheese, Sundried Tomatoes, Green Onions, Kalamata Olives, Sherry Vinegar, Lemon, Garlic, Herbs and Spices

meez *meals*

1. Getting Organized

Preheat your oven to 400.

2. Make the Broccoli Salsa

Put the **Broccoli & Sundried Tomatoes** into a mixing bowl with the **Olive Vinaigrette** and add 1/4 cup of olive oil. Toss well, and then put into the refrigerator to chill.

3. Make the Frittata

Heat 1 Tbsp. olive oil in a large, oven-safe skillet over medium high heat. Add the **Seasoned Artichokes** and cook until golden brown, about 5 to 8 minutes. Remove from the heat and add the **Eggs, Pecorino Cheese** and a generous pinch of salt and pepper.

Mix everything together, and then put the skillet on to the middle rack of your oven and cook until the frittata is golden and puffy and the center springs back when you touch it, about 15 to 20 minutes.

4. Put It All Together

Top the frittata with broccoli salsa to serve, or serve alongside and let diners top their own slices.

The skillet size for this dish is up to you, but we recommend a 10" skillet. Use a larger skillet if you want your frittata a little thinner; just make sure to check it sooner.

We like to cut and serve the frittata right out of the pan.

Love this recipe? #meezmagic

Instructions for two servings.

Meez Meals * 1459 N. Elmwood Avenue * Evanston * Illinois * Prepare by August 23

Triple Mushroom Sugo with Toasted Gnocchi

A rich mix of three types of mushrooms, plus a splash of cream, makes for a classic Italian sauce perfect with crispy gnocchi. Be prepared for decadent flavors without all the fuss, or calories.

35 *Minutes to the Table*

20 *Minutes Hands On*

1 Whisk *Super Easy*

Getting Organized

EQUIPMENT

Medium Skillet
Large Skillet
Rimmed Baking
Sheet

FROM YOUR PANTRY

Flour
Olive Oil
Salt & Pepper

4 MEEZ CONTAINERS

Whole Wheat Gnocchi
Onions & Garlic
Mushrooms
Cream Sauce

Make The Meal Your Own

Want to save on cleanup time? You can add all of the mushrooms to the skillet with the cream sauce if you prefer, meaning you'll only need one large skillet.

Omnivore's Option – Sliced chicken breast is the perfect addition. Add it to the baking sheet with the gnocchi and roast it at the same time.

Good To Know

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

Health snapshot per serving – 420 Calories, 10g Fat, 15g Protein, 65g Carbs, 11 WW+ Points

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

INGREDIENTS: Whole Wheat Gnocchi, Button Mushrooms, Half and Half, Onion, Shiitake Mushrooms, Cremini Mushrooms, White Wine, Brown Sugar, Garlic, Concentrated Vegetable Stock, Apple Cider Vinegar, Herbs and Spices

meez meals

1. Getting Organized

Preheat your oven to 400.

2. Toast the Gnocchi

Put the **Whole Wheat Gnocchi** on a rimmed baking sheet, preferably lined with parchment paper, and drizzle with 2 Tbsp olive oil, salt and pepper. Bake until golden on the outside and tender on the inside, about 20 to 25 minutes. (Go ahead and test one out, just to be sure. But fair warning – it's hard to stop at just one).

We love the crispy texture of toasted gnocchi. If you prefer softer gnocchi, though, boil it for 6 to 8 minutes.

3. Make the Sauce

While the gnocchi are toasting, heat 1 Tbsp oil in a large skillet over high heat. Add the **Onions & Garlic** and cook until starting to brown on the edges, 4 to 6 minutes. Add half of the **Mushrooms** and cook, stirring frequently, until browned, about 5 to 7 minutes.

Add 1 Tbsp flour and cook 1 minute. Pour in the **Cream Sauce** and whisk until smooth, about 1 minute. Bring the sauce to a boil, then reduce heat to a simmer until it thickens enough to coat the back of a spoon, about 3 to 5 minutes. Remove from the heat.

4. Cook the Mushrooms

Heat 1 Tbsp of oil in a medium skillet over high heat. Add the remaining mushrooms and cook until well browned, 8 to 10 minutes.

5. Put It All Together

Once the gnocchi is toasted, stir it into the mushroom cream sauce until coated. Season with salt and pepper to taste and serve topped with the remaining mushrooms. Enjoy!

Love this recipe? #meezmagic

Instructions for two servings.

Meez Meals * 1459 N. Elmwood Avenue * Evanston * Illinois * Prepare by August 23

Chile Relleno Burrito

This is our quick-to-table take on classic Mexican chiles rellenos. Roasted mild poblano peppers are enveloped with two different cheeses, protein rich black beans, topped with spicy salsa, and all wrapped up in a warm tortilla. (Fair warning for the spice adverse: this dinner has a little kick).

30 *Minutes to the Table*

15 *Minutes Hands On*

2 Whisks *Easy*

Getting Organized

EQUIPMENT

Baking Sheet
Casserole Dish
Saucepan

FROM YOUR PANTRY

Olive Oil
Salt & Pepper

5 MEEZ CONTAINERS

Poblano Peppers
Flour Tortillas
Spiced Beans
Mozzarella & Pepper
Jack
Tomatillo Salsa

Make The Meal Your Own

Omnivore's Option – Roasted pork is great with this dinner. Add it to the mix as you roll the burrito.

Good To Know

If you're making the gluten-free version, we've given you corn tortillas for tacos. Follow the instructions up through step 3 and then, instead of rolling a burrito, fill the tortillas like tacos.

If you're making the vegan version, we've left the cheese out of your meal. If you want to add something extra, sliced avocado and fresh lime juice are great additions.

Need some help rolling a burrito? It's easier than you think. Start by thinking about how the pros do it at Chipotle. Put the filling on the lower half of the tortilla. Fold the sides in; pull the bottom up over the filling, and then roll. You want to keep a compact bundle, so keep the tortilla wrapped tightly around the filling.

Health snapshot per serving – 770 Calories, 30g Fat, 35g Protein, 95g Carbs, 20 WW+ Points

Lightened up snapshot – 390 Calories, 20 g Fat and 15 WW+ Points with no tortillas – you'll be making stuffed peppers, instead.

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

INGREDIENTS: Poblano Peppers, Black Beans, Tomatillos, Flour Tortillas, Pepper Jack Cheese, Mozzarella Cheese, Cream Cheese, Lime, Cilantro, Jalapeno, Spices

meez meals

1. Getting Organized

Preheat your broiler.

2. Roast the Poblano Peppers and Heat the Tortillas

Put the **Poblano Peppers** into a casserole dish, skin side up. Put the dish a few inches away from the broiler and cook until the peppers soften, about 5 to 7 minutes.

Pat down the poblano peppers with an olive oil dipped paper towel.

Put the **Flour Tortillas** on a baking sheet and then into the oven on a lower rack. Heat them until they soften, about 3 minutes.

3. Heat the Beans

While the tortillas are cooking, heat 1 Tbsp olive oil in a saucepan over medium-high heat. Add the **Spiced Beans** and 2 Tbsp water. Heat, stirring, until warm. Remove from the heat and set aside.

4. Make the Burritos

Turn the oven to 375. Sprinkle some **Mozzarella & Pepper Jack** on to each tortilla, followed by the pepper halves. Fill with beans, more cheese and some of the **Tomatillo Salsa**.

As you roll the burrito, try to roll it so you're making the pepper whole. This will give you the whole chile relleno experience as you eat.

Put the burritos into the casserole dish seam side down and bake until lightly browned on the outside, about 5 to 10 minutes. Enjoy!

Love this recipe? #meezmagic

Instructions for two servings.

Meez Meals * 1459 N. Elmwood Avenue * Evanston * Illinois * Prepare by August 23

Barbeque Pizza

An all-time favorite, back by popular demand. A BBQ sauce base, topped with black beans, crispy kale, smoked gouda and dried cherries. Sound unusual? Definitely. But together these ingredients are magic.

30 *Minutes to the Table*

10 *Minutes Hands On*

1 Whisk *Super Easy*

Getting Organized

EQUIPMENT

Rimmed Baking Sheet

FROM YOUR PANTRY

Olive Oil
Salt & Pepper
Flour for Dusting

5 MEEZ CONTAINERS

Pizza Dough
Kale
Barbeque Sauce
Black Beans
Cheese & Cherries

Make The Meal Your Own

Kids and picky eaters tip – Serve their portion with the crispy kale on the side.

Omnivore's Option – Barbeque chicken pizza is about as classic as it gets. If you have some leftover roast chicken, it would be great on this pizza.

Good To Know

If you're making the vegan version, we've left out the cheese. Cook the kale and pizza separately, rather than finishing them together, the way we recommend for folks using cheese. Cook the kale until it's crispy and browned. While it's cooking, bake the pizza with just the sauce, beans and cherries. Top it with the cooked kale and enjoy! (Need help? Give us a call!)

Health snapshot per serving – 730 Calories, 20g Fat, 35g Protein, 22 WW+ Points

Lightened up snapshot – 500 Calories, 10g Fat and 13 WW+ Points with ½ the cheese & cherries.

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

INGREDIENTS: Kale, Whole Wheat Pizza Dough, Black Beans, Barbeque Sauce, Gouda Cheese, Mozzarella Cheese, Dried Cherries, Granulated Garlic

meez *meals*

1. Getting Organized

Preheat your oven to 400 and take the **Pizza Dough** out of the refrigerator.

Warming up your pizza dough is important! It makes it easier to roll.

2. Bake the Kale

Put the **Kale** on to a rimmed baking sheet and drizzle with 2 Tbsp olive oil. Toss well, then arrange the kale in a single layer and bake for 10 minutes. Transfer to a plate.

The kale will finish cooking on top of the pizza, so don't let it get fully toasted and browned.

3. Prepare the Pizza Dough

Once the kale is cooking, shape your 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 ¼" thickness. We usually make two-person pizzas (even if we're making the 4-serving size) and ours are about 8" wide and 14" long, but you can make yours however you like.

Sprinkling your counter with flour is important. It keeps the dough from sticking.

4. Bake the Pizza

Put the pizza on to the now-empty baking sheet. Spread some of the **Barbeque Sauce** over the pizza. (Use just as much as you need. Too much will make the crust soggy.)

We line our baking sheets to make clean up a breeze.

Top with the **Black Beans** and cooked kale. Sprinkle the **Cheese & Cherries** on top and bake until the crust is golden and the cheese is melted, about 15 to 20 minutes. Enjoy!

Keep an eye on the pizza as it cooks. If the kale is turning too brown, turn the heat down.

Love this recipe? #meezmagic

Instructions for two servings.

Meez Meals * 1459 N. Elmwood Avenue * Evanston * Illinois * Prepare by August 23

Chicken Kare

This kare, a traditional Japanese curry, is a mellow curry for the whole family. With tomatoes, coconut milk and just the right spices, it's the perfect complement to free-range chicken, carrots, peas and peppers. Simple and delicious!

30 *Minutes to the Table*

15 *Minutes Hands On*

1 Whisk *Super Easy*

Getting Organized

EQUIPMENT

Medium Saucepan
Large Saucepan or
Dutch Oven

FROM YOUR PANTRY

Olive Oil
Salt & Pepper

5 MEEZ CONTAINERS

Jasmine Rice
Chicken Breast
Vegetables
Coconut Curry Sauce
Cilantro

Make The Meal Your Own

Don't love cilantro? Garnish this dish with fresh mint or basil, instead.

Make Ahead Tip – The flavors of this curry are just as bold if you eat it the next day. Cook everything a day in advance, leaving off the cilantro. Reheat in a large saucepan or skillet until hot throughout and garnish as desired.

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

Health snapshot per serving – 480 Calories, 45g Protein, 10g Fat, 55g Carbs, 12 WW+ Points

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

INGREDIENTS: Free-Range Chicken, Tomatoes, Coconut Milk, Jasmine Rice, Carrot, Peas, Onion, Red Pepper, Cilantro, Golden Raisins, Ginger, Spices

meez meals

1. Get Organized

Bring 2 cups of water to a boil in a medium saucepan.

2. Cook the Rice

Add the **Jasmine Rice** to the boiling water. Reduce the heat to a simmer, cover and cook until all but a small amount of water has been absorbed, about 20 minutes. Remove the rice from the heat, but keep covered.

We like to add a pinch of salt with the rice when it goes in the boiling water.

3. Prep the Chicken

While the rice is cooking, 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" to 1/2" 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 1/8 tsp salt and 1/8 tsp pepper, so use about half per side, or more if you like).

4. Make the Curry

Heat 1 Tbsp of olive oil in a large saucepan or Dutch oven over medium-high heat. Once the oil is hot, add the chicken and cook until the bottom is starting to brown, about 3 minutes. Add the **Vegetables** and cook, stirring occasionally, until the vegetables start to soften, about 5 to 7 minutes.

The chicken may not be fully cooked at this point, but it will continue cooking in the sauce.

Add 3/4 cup of water to the pan. Bring to a boil and then add the **Coconut Curry Sauce**. Return to a boil and then reduce the heat to low and simmer until the chicken is fully cooked and the sauce is hot throughout, about 10 to 15 minutes. Season with salt and pepper to taste.

5. Put It All Together

Serve the chicken curry over the rice and garnish with **Cilantro** to taste. Enjoy!

Instructions for two servings.

Meez Meals * 1459 N. Elmwood Avenue * Evanston * Illinois * Prepare by August 21

Mediterranean Lemon Chai Salmon with Pearl Couscous

Back by popular demand, Meez's signature lemon-chai dressing brings a sunny flavor to seared salmon. Served up with cherry tomatoes, broccoli and pearl couscous, it's an easy dinner the whole family will love.

20 Minutes to the Table

20 Minutes Hands On

1 Whisk Super Easy

Getting Organized

EQUIPMENT

Saucepan
Shallow Pie Dish or Plate
Large Skillet

FROM YOUR PANTRY

½ Cup of Flour
Olive Oil
Salt & Pepper

5 MEEZ CONTAINERS

Couscous
Salmon
Broccoli
Lemon Chai Sauce
Feta Cheese

Make The Meal Your Own

Leftovers Tip – Serve your leftovers over lettuce for a light next-day lunch.

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

Good To Know

If you're making the gluten-free version, we've sent you quinoa instead. Bring 2 ½ cups of water to a boil, then add the quinoa and a dash of salt. Cover and lower the heat to a simmer. Cook for 12 to 15 minutes, until the grain looks spiraled. Fluff it and let it sit covered for 5 minutes.

If you want to test the doneness of the salmon, use a thermometer. You want the internal temperature to be at least 140 degrees. If you don't have a thermometer, you can cut the fish in half to check the doneness.

Health snapshot per serving – 890 Calories, 50g Fat, 40g Protein, 65g Carbs, 24 WW+ Points

Lightened up snapshot – 475 Calories, 40g Fat and 13 WW+ Points with no feta or couscous.

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

INGREDIENTS: Broccoli, Wild-Caught Salmon, Couscous, Cherry Tomatoes, Feta Cheese, Olive Oil, Lemon Juice, Green Onion, Brown Sugar, Garlic, Herbs and Spices

meezmeals

1. Getting Organized

Put a saucepan of water on to boil.

2. Cook the Couscous

Salt the boiling water and add the **Couscous**. Cook 7 to 8 minutes until al dente. Drain and set aside.

3. Dredge and Cook the Salmon

While the couscous is cooking, pour ½ cup flour in a shallow pie pan or on a plate and add a generous pinch of salt and pepper. Coat the **Salmon** with the flour, making sure each fillet is covered.

Heat 2 Tbsp of oil in a large skillet on high heat. Add the salmon and cook 4 minutes. Flip and cook an additional 2 minutes. Turn off the heat and let sit for 5 minutes. Remove from the pan and set aside.

Any kind of flour will work here: all-purpose, rice flour, even tapioca flour. Use your favorite.

If you want to check the doneness of the fish, use a thermometer (you're looking for 140 degrees or higher) or cut the fish in half.

4. Cook the Broccoli

Heat the same skillet that you used to cook the salmon over medium-high heat. (Don't wipe it out. You want all those bits of flavor.) Add the **Broccoli** and cook until bright green but still crisp, about 3 to 5 minutes. Add the **Lemon Chai Sauce** to the pan and cook until hot, about 1 minute.

Serve the couscous topped with salmon, broccoli and **Feta Cheese**. Enjoy!

Love this recipe? #meezmagic

Instructions for two servings.

Meez Meals * 1459 N. Elmwood Avenue * Evanston * Illinois * Prepare by August 20

Shells with Bistecca Genovese

An Italian classic. We're tossing grass-fed sirloin steak (bisteca) with a creamy basil pesto (genovese). With sautéed spinach, mushrooms and whole grain shells, it's a 15-minute meal we couldn't stop eating.

15 Minutes to the Table

15 Minutes Hands On

1 Whisk Super Easy

Getting Organized

EQUIPMENT

Saucepan
Mixing Bowl
Skillet

FROM YOUR PANTRY

Olive Oil
Salt & Pepper

6 MEEZ CONTAINERS

Whole Wheat Pasta
Basil Pesto Cream
Mushrooms
Sirloin
Spinach
Parmesan

Make The Meal Your Own

This dish is delicious cold and can be made in advance. Cook everything up to 2 days in advance and then use as a grab-and-go lunch or as a simple, no-cook weeknight dinner.

Picky Eater Tip – The mushrooms are packaged separately, so you can serve them just to the diners who love them.

Our beef comes from a local farm down the road in Aurora, Ill. The cows are raised on open pastures with care and dedication and are free of any antibiotics or 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.

Health snapshot per serving – 690 Calories, 65g Protein, 35g Fat, 30g Carbs, 18 WW+ Points

Lightened up snapshot – 500 Calories, 20g Fat and 13 WW+ points if you use ¾ of the sauce and no parmesan on top.

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

INGREDIENTS: Grass-Fed Beef Sirloin, Spinach, Cremini Mushrooms, Whole Wheat Pasta, Parmesan, Heavy Cream, Basil, White Wine, Lemon Juice, Garlic

meezmeals

1. Get Organized

Put a saucepan of water on to boil.

2. Cook the Pasta

Add the **Whole Wheat Pasta** to the boiling water and cook until al dente, about 7 to 9 minutes. Drain and return to the saucepan. Stir half of the **Basil Pesto Cream** into the warm pasta to coat.

3. Brown the Mushrooms

While the pasta is cooking, heat 1 Tbsp oil in a large skillet over high heat. Add the **Mushrooms** and cook, stirring occasionally, until golden brown, about 3 to 5 minutes. Remove the mushrooms to a bowl.

4. Cook the Beef

Return the now-empty skillet to the stove with 1 tsp oil 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, give it a good stir, and then immediately remove to the bowl with the mushrooms.
- **If you prefer your beef medium**, flip it and continue cooking for 30 seconds to 1 minute until fully browned. Remove to the bowl with the mushrooms.
- **If you prefer your beef well done**, flip it and continue cooking for 1 minute. Remove to the bowl with the mushrooms.

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.

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.

5. Cook the Spinach

Return the skillet to the stove over medium heat. Add the **Spinach** and cook until lightly wilted, about 2 minutes.

6. Put It All Together

Serve the pasta topped with spinach, mushrooms and sirloin. Sprinkle the **Parmesan** over the top and drizzle with extra pesto cream to taste.

Instructions for two servings.

Meez Meals * 1459 N. Elmwood Avenue * Evanston * Illinois * Prepare by August 21

Southwestern Salad

5 Minutes to the Table

5 Minutes Hands On

Getting Organized

EQUIPMENT

Mixing Bowl

FROM YOUR PANTRY

Salt & Pepper

5 MEEZ CONTAINERS

Avocado

Spinach

Tortilla Chips

Corn & Beans

Buttermilk Chipotle

Dressing

Put It All Together

Dice the **Avocado** and break the **Tortilla Chips** into pieces. Combine the **Spinach, Corn & Beans**, the broken chips and half the diced avocado in a mixing bowl with half of the **Buttermilk Chipotle Dressing**. Season with salt and pepper and add more dressing to taste.

Good to Know

Health Snapshot per serving (serves 1)

520 Calories, 20g Protein, 10g Fiber, 30g Fat,
14 WW+ Points

Have Questions?

We're standing by at 773.916.6339

INGREDIENTS: Avocado, Spinach, Black Beans, Corn, Queso Fresco, Buttermilk, Mayonnaise, Tortilla Chips, Red Onion, Chipotle Peppers, Garlic, Herbs and Spices

Prepare by August 23

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

Double Green Caesar Salad

15 Minutes to the Table

10 Minutes Hands On

1 Whisk Super Easy

Getting Organized

EQUIPMENT

Mixing Bowl
Baking Sheet
Large Skillet

FROM YOUR PANTRY

2 Eggs (optional)
Olive Oil
Salt & Pepper

5 MEEZ CONTAINERS

Bread Cubes
Chickpeas
Kale & Spinach
Radish
Caesar Dressing

Good to Know

Hard-boiling made easy – Place eggs in a small saucepan and cover with cold water. Bring water to a boil, and then remove from heat and cover. Let stand 12 minutes and then drain and cold rinse the eggs. Refrigerate until ready to use.

You could serve this salad topped with chicken, salmon or shrimp in place of the eggs if you prefer.

Health Snapshot per serving (serves 1, including eggs) 960 Calories, 50g Fat, 90g Carbs, 40g Protein, 25 WW+ Points

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

INGREDIENTS: Kale, Spinach, Chickpeas, Sourdough Bread, Olive Oil, Radish, Parmesan, White Wine Vinegar, Lemon, Miso, Black Pepper

meezmeals

1. **Getting Started**

Preheat your oven to 400 and hard-boil your eggs, if using.

2. **Make the Croutons**

Toss the **Bread Cubes** with 2 Tbsp of olive oil and a generous pinch of salt and pepper. Mix thoroughly until coated.

Spread bread cubes in a single layer on a baking sheet and bake until golden brown, about 7 to 10 minutes.

3. **Cook the Greens**

Heat a large skillet over medium-high heat with 1 Tbsp of oil. When the oil is hot, add the **Chickpeas** and cook for 3 to 4 minutes. Mix in the **Kale & Spinach** and cook until partially wilted. Transfer the greens and chickpeas to a bowl and refrigerate for 5 minutes (or longer).

4. **Put It All Together**

When ready to serve, peel and slice your hard-boiled eggs. Toss greens with **Radish**, eggs, croutons, **Caesar Dressing** and salt and pepper to taste. Enjoy!

Cook by August 23

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

Single Serve Artichoke 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

Carrots &

Parsnips

Tortillas

Artichoke Pesto

Feta &

Mozzarella

Good to Know

We like hands-free oven cooking, but this quesadilla cooks just as well in a skillet on the stove.

Health snapshot per serving (serves 1)

835 Calories, 45g Fat, 75g Carbs, 23 WW+ Points

Lightened up snapshot (1 folded tortilla, 1/3 cheese, 3/4 pesto)

490 Calories, 25g Fat, 50g Carbs, 14 WW+ Points

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

INGREDIENTS: Flour Tortillas, Carrot, Artichoke Hearts, Mozzarella, Parsnip, Feta, Parmesan, Olive Oil, Parsley, Lemon Juice, Spices

meezmeals

1. **Getting Organized**

Preheat your oven to 400.

2. **Roast the Veggies**

Toss the **Carrots & Parsnips** with 1 Tbsp of oil and season with salt and pepper. Spread in a single layer on a baking sheet and roast until lightly browned, 7 to 10 minutes, and then remove to a plate.

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 **Artichoke Pesto** on the tortilla and then top with half of the **Feta & Mozzarella** and the cooked carrots and parsnips. Sprinkle the remaining cheese on top of the veggies. Top with the second tortilla, oiled-side up, and gently press down.

4. **Put It All Together**

Bake the quesadilla 6 to 8 minutes, until the top and edges are golden brown. Flip the quesadilla, and cook an additional 3 to 4 minutes. Cut into wedges and serve. Enjoy!

Prepare by August 23

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

Brie and Apple Grilled Cheese

25 *Minutes to the Table*

5 *Minutes Hands On*

1 Whisk *Super Easy*

Getting Organized

EQUIPMENT

Baking Sheet

FROM YOUR PANTRY

Vegetable Oil

5 MEEZ CONTAINERS

Sourdough

Red Onion

Balsamic Vinegar

Brie Cheese

Apple Chutney

Good to Know

Health Snapshot per serving (serves 1)

770 Calories, 35g Fat, 95g Carbs, 25g Protein

21 WW+ Points

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

INGREDIENTS: Sourdough Bread, Red Onion, Brie Cheese, Granny Smith Apples, Balsamic Vinegar, Champagne Vinegar, Olive Oil, Brown Sugar, Spices

meezmeals

1. Getting Organized

Preheat your oven to 350.

2. Roast and Glaze the Onions

Toss the **Red Onion** with 1 Tbsp of oil and spread in a single layer on a baking sheet. Roast until golden brown, 10 to 12 minutes. Pour the **Balsamic Vinegar** over the onions and cook until the onions are glazed, about 5 minutes. Move to one side of the baking sheet.

3. Make the Sandwich

Cut the **Brie Cheese** into slices. Oil the empty side of the baking sheet with 1 Tbsp oil. Wipe one side of each slice of **Sourdough** through the oil to coat. Place one piece of bread, oiled-side down, on the baking sheet. Spread a layer of **Apple Chutney** on the bread, then layer the brie and roasted onions on top. Spread additional apple chutney on the second slice of bread and then place oiled-side up on top of the sandwich. Press down gently to close.

Bake until the bread is browned and the cheese is melted, about 8 to 10 minutes. Enjoy!

Love this recipe? #meezmagic

Prepare by August 23

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

Health Snapshot

Artichoke Frittata	Mushroom Sugo Gnocchi	Black Bean Poblano Burrito	Barbeque Veggie Pizza	Chicken Tikka Masala
630 Calories	420 Calories	770 Calories	730 Calories	480 Calories
40 g Protein	15 g Protein	35 g Protein	35 g Protein	45 g Protein
40 g Fat	10 g Fat	30 g Fat	20 g Fat	10 g Fat
40 g Carbs.	65 g Carbs.	95 g Carbs.	95 g Carbs.	55 g Carbs.
8 g Fiber	10 g Fiber	15 g Fiber	20 g Fiber	10 g Fiber
2,970 mg Sod.	1,705 mg Sod.	970 mg Sod.	1,450 mg Sod.	385 mg Sod.
15 WW+ Points	11 WW+ Points	20 WW+ Points	22 WW+ Points	12 WW+ Points
1955% Vitamin C	15% Calcium	70% Folate	190% Vitamin A	150% Vitamin A
170% Vitamin A	10% Vitamin B6	50% Calcium	60% Calcium	130% Vitamin C
55% Calcium	10% Vitamin A	20% Vitamin C	55% Vitamin C	65% Vitamin B6

Lighten Up Option

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

Frittata	Gnocchi	Burrito	Pizza	Chicken
No cheese	No changes	No tortillas	½ cheese & cherries	No changes
440 Calories	420 Calories	390 Calories	490 Calories	480 Calories
20 g Fat	10 g Fat	20 g Fat	10 g Fat	10 g Fat
10 WW+ Points	11 WW+ Points	15 WW+ Points	13 WW+ Points	12 WW+ Points

Health Snapshot

Lemon Chai Salmon	Bistecca Genovese	Southwestern Salad	Caesar Salad	Artichoke Quesadilla	Portobello Grilled Cheese
890 Calories	690 Calories	520 Calories	960 Calories	770 Calories	770 Calories
40 g Protein	65 g Protein	20 g Protein	40 g Protein	25 g Protein	25 g Protein
50 g Fat	25 g Fat	30 g Fat	50 g Fat	35 g Fat	30 g Fat
65 g Carbs.	30 g Carbs.	40 g Carbs.	90 g Carbs.	95 g Carbs.	90 g Carb.
5 g Fiber	5 g Fiber	10 g Fiber	15 g Fiber	5 g Fiber	5 g Fiber
570 mg Sod.	885 mg Sod.	915 mg Sodium	1,380 mg Sod.	1,245 mg Sod.	1,244 mg Sod.
24 WW+ Points	18 WW+ Points	14 WW+ Points	25 WW+ Points	21 WW+ Points	21 WW+ Points
100% Vit. B6	75% Vit. B-12	45% Folate	595% Vitamin A	60% Folate	25% Calcium
100% Vit. B12	60% Calcium	30% Vitamin A	170% Vitamin C	25% Calcium	20% Vitamin B12
80% Vitamin C	35% Vitamin A	25% Vitamin C	140% Folate	20% Vit. B-12	10% Vitamin A

Lighten Up Option

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

Salmon	Tacos	Salad	Salad	Quesadilla	Sandwich
<i>No feta or couscous</i>	<i>¾ the sauce, no parm on top</i>	<i>No changes</i>	<i>No changes</i>	<i>1 slice of bread</i>	<i>No changes</i>
475 Calories	500 Calories	520 Calories	960 Calories	500 Calories	770 Calories
40 g Fat	20 g Fat	30 g Fat	50 g Fat	30 g Fat	30 g Fat
13 WW+ Points	13 WW+ Points	14 WW+ Points	25 WW+ Points	14 WW+ Points	21 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.

Quick Tips

Artichoke Frittata with Sun Dried Tomato Salsa

20 Min to Table	10 Min Hands On	1 Whisk Super Easy
---------------------------	---------------------------	------------------------------

Getting Started Preheat your oven to 400.

Omnivore Option Bacon is perfect for this dish.

Meal Tip Also served well at room temperature.

Triple Mushroom Sugo with Toasted Gnocchi

35 Min to Table	20 Min Hands On	1 Whisk Super Easy
---------------------------	---------------------------	------------------------------

Getting Started Preheat your oven to 400.

Omnivore Option Sliced chicken breast goes great with this.

From Your Pantry You'll need 1 tbsp of flour.

Chile Relleno Burrito

30 Min to Table	15 Min Hands On	2 Whisks Easy
---------------------------	---------------------------	-------------------------

Getting Started Preheat your broiler.

Omnivore Option Roasted pork is right at home in this dish.

Barbeque Pizza

30 Min to Table	10 Min Hands On	1 Whisk Super Easy
---------------------------	---------------------------	------------------------------

Getting Started Preheat your oven to 400.

Omnivore Option Roast chicken is great on this pizza.

From Your Pantry You'll need flour to sprinkle on your counter.

Chicken Kare

30 Min to Table	15 Min Hands On	1 Whisk Super Easy
---------------------------	---------------------------	------------------------------

Getting Started Put a saucepan of water on to boil.

Meal Tip If you don't like cilantro, finish the meal with mint or basil.

Meal Tip Cook 1 day in advance to enhance the curry flavor.



773.916.MEEZ • www.meezmeals.com

*Mediterranean Lemon Chai
Salmon with Pearl Couscous*

20 Min to Table	20 Min Hands On	1 Whisk Super Easy
---------------------------	---------------------------	------------------------------

Getting Started Put a saucepan of water on to boil.

Leftovers Tip Serve leftovers over lettuce.

From Your Pantry You'll need ½ a cup of flour.

Double Green Caesar Salad

15 Min to Table	10 Min Hands On	1 Whisk Super Easy
---------------------------	---------------------------	------------------------------

Getting Started Preheat oven to 400 and hard-boil eggs(optional)

Omnivore Option Add some sliced chicken breast on top.

From Your Pantry You'll need an egg per person, this is optional.

Shells with Bistecca Genovese

15 Min to Table	15 Min Hands On	1 Whisk Super Easy
---------------------------	---------------------------	------------------------------

Getting Started Put on a saucepan of water of boil.

Meal Tip Cook up to 2 days in advance for an easy dinner or lunch.

Artichoke Quesadilla

25 Min to Table	5 Min Hands On	1 Whisk Super Easy
---------------------------	--------------------------	------------------------------

Getting Started Preheat your oven to 400.

Meal Tip This could also be cooked stove-top in a skillet.

Southwestern Salad

5 Min to Table	5 Min Hands On	1 Whisk Super Easy
--------------------------	--------------------------	------------------------------

Getting Started This is toss and serve!

Brie and Apple Grilled Cheese

25 Min to Table	5 Min Hands On	1 Whisk Super Easy
---------------------------	--------------------------	------------------------------

Getting Started Preheat your oven to 350.