

Lemon Chai Brussels Sprouts Over Pearl Couscous

We crave the sunny flavors of the Mediterranean this time of year. One bite of this gem, and we were transported. The magic comes from lemon-chai vinaigrette, which has a depth of flavor that pairs perfectly with crispy Brussels sprouts. We're serving it over pearl couscous with feta and walnuts. The result is simple and delicious.

20 Minutes to the Table

10 Minutes Hands On

1 Whisk Super Easy

Getting Organized

EQUIPMENT

Rimmed Baking Sheet
Saucepan

FROM YOUR PANTRY

Olive Oil
Salt & Pepper

5 MEEZ CONTAINERS

Brussels Sprouts
Couscous
Lemon Chai
Vinaigrette
Feta Cheese
Walnuts

Make The Meal Your Own

Cooking with a picky eater? Try serving this over pasta, instead.

Omnivore's Option – Broiled halibut is delicious on top of this dinner.

Good To Know

If you're making the gluten-free version, we've given you quinoa. Cooking it up is easy. Just bring 2.5 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 blooms and most of the liquid is absorbed. Fluff it up and let it sit covered for 5 minutes more. (If you have leftover liquid, simply drain it off.)

If you're making the vegan version, we're skipping the feta. Add an extra pinch of salt and you'll be all set.

Health snapshot per serving – 835 Calories, 30g Protein, 10g Fiber, 25 WW+ Points

Lightened up snapshot – 500 Calories, 45 g Fat and 17 WW+ points with half the couscous and no cheese.

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

INGREDIENTS: Brussels Sprouts, Couscous, Feta Cheese, Olive Oil, Walnuts, Lemon, Green Onions, Brown Sugar, Garlic, Herbs & Spices

meezmeals

1. **Get Organized**

Preheat your oven to 400 and put a saucepan of water on to boil.

2. **Roast the Brussels Sprouts**

Put the **Brussels Sprouts** on to a rimmed baking sheet and drizzle with olive oil, salt and pepper. Toss well, then arrange in a single layer and bake until brown and crispy, 12 to 15 minutes.

3. **Cook the Couscous**

While the sprouts are cooking, salt your boiling water generously and add the **Couscous**. Cook until al dente, 5 to 10 minutes. Drain, return to the saucepan and set aside until the sprouts are done cooking.

4. **Put It All Together**

When the sprouts are done, add them to the saucepan with the couscous and stir in the **Lemon-Chai Vinaigrette**. Heat over medium until warm throughout, about 2 minutes.

Top with the **Feta Cheese** and **Walnuts** and enjoy!

Love this recipe? #meezmagic

Roasted Red Pepper Spaghetti with Squash and Spinach

There's something magical about roasted red peppers: they make for a creamy pasta sauce without any cream. They're the stars of our pasta sauce this week with plenty of thyme and sherry vinegar, plus fresh spinach and roasted butternut squash. Tossed with spaghetti and just 15 minutes hands-on, it's a meal just right for a busy week!

30 *Minutes to the Table*

15 *Minutes Hands On*

1 Whisk *Super Easy*

Getting Organized

EQUIPMENT

Rimmed Baking Sheet
Saucepan
Large Skillet

FROM YOUR PANTRY

Olive Oil
Salt & Pepper

5 MEEZ CONTAINERS

Butternut Squash
Parmesan Cheese
Red Pepper Sauce
Spinach
Whole Wheat Spaghetti

Make the Meal Your Own

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

Cooking with a picky eater? Heat the red pepper sauce separately from the spinach so each diner can add it to his or her own tastes.

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

Omnivore's Option – Halibut is a great addition. Bake a fillet with the butternut squash and serve it over the pasta before you top with the roasted red pepper sauce.

Good to Know

Health snapshot per serving – 560 Calories, 25g Protein, 15g Fat, 15 WW+ Points

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

INGREDIENTS: Butternut Squash, Spinach, Roasted Red Peppers, Whole Wheat Spaghetti, Parmesan, Sherry Vinegar, Brown Sugar, Almonds, Kalamata Olives, Garlic, Herbs and Spices

*meez*meals

1. Get Organized

Preheat your oven to 425 and put a saucepan of water on to boil.

2. Roast the Butternut Squash

Put the **Butternut Squash** on to a rimmed baking sheet and drizzle with olive oil, salt and pepper. Toss well, then arrange in a single layer. Bake until lightly caramelized at the edges, about 20 to 25 minutes.

Stir the butternut squash once, about halfway through cooking.

3. Cook the Spaghetti

While the squash is cooking, salt your boiling water, then add the **Whole Wheat Spaghetti**. Cook until al dente, about 7 to 9 minutes. Drain and set aside.

Spaghetti has a tendency to stick, so be sure to stir it during the first few minutes of cooking.

4. Finish the Sauce

Once the spaghetti is cooking, heat 1 Tbsp olive oil in a large skillet over medium high heat. Add the **Spinach** and cook until it wilts, 2 to 5 minutes, stirring constantly.

Add the **Red Pepper Sauce** and half of the **Parmesan Cheese**. Cook for a minute, then turn the heat off and add the cooked spaghetti. Stir well, and then mix in the roasted squash and serve topped with the remaining Parmesan. Enjoy!

Love this recipe? #meezmagic

Instructions for two servings.
Meez Meals * 1459 N. Elmwood Avenue * Evanston * Illinois

Thai Red Curry Soup

This gem is a fresh take on the Thai classic. We're cooking up our version of red curry soup with glass noodles, carrots, red peppers, mushrooms and tofu in a red curry and coconut milk base. It's rich and flavorful, and practically hands-free, not to mention an all-time member favorite.

25 *Minutes to the Table*

10 *Minutes Hands On*

1 Whisk *Super Easy*

Getting Organized

EQUIPMENT

2 Saucepans
Large Bowl

FROM YOUR PANTRY

Olive Oil
Salt & Pepper

6 MEEZ CONTAINERS

Shiitake Mushrooms
Thai Peppers & Carrots
Red Curry
Tofu
Ginger-Coconut Broth
Glass Noodles

Make The Meal Your Own

Want to get a jumpstart on dinner? Make the soup ahead, but keep the tofu and noodles separate until you're ready to eat.

Don't love spice? Go easy on the red curry paste and let everyone add to taste. (If it's still too spicy, you can mellow the soup by adding extra coconut milk.)

Omnivore's Option – Shrimp is a great addition to this dish. Cook it separately and add to the soup at the end.

Good To Know

Health snapshot per serving – 370 Calories, 20g Protein, 20g Fat, 40g Carbs, 8 WW+ Points

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

INGREDIENTS: Coconut Milk, Tofu, Glass Noodles, Carrots, Peppers, Mushrooms, Lime Juice, Soy Sauce, Brown Sugar, Red Curry Paste, Lemongrass, Garlic, Basil, Concentrated Vegetable Base, Ginger

meez meals

1. Getting Organized

Put a saucepan of water on to boil.

2. Soak the Glass Noodles

Put the **Glass Noodles** into a bowl and pour the boiling water over top. Let the noodles soak until they are soft, about 2 to 5 minutes. Drain and set aside.

It's important to let the glass noodles soak. If you don't, they can get clumpy and hard to manage.

3. Cook the Thai Vegetables

In a separate saucepan, heat 1 Tbsp olive oil over medium-high heat. Add the **Shiitake Mushrooms** and **Thai Peppers & Carrots** and cook for 3 to 5 minutes. Add the **Red Curry** and cook until fragrant, about 1 minute. Add 1 ½ cups of water and bring to a boil, then simmer uncovered for 10 minutes.

The red curry has a kick. We use all of it, but if you don't love spice, you should start with just a touch.

4. Finish the Soup

Turn the heat back up to medium-high. Add the **Tofu** and **Ginger-Coconut Broth** to the vegetables and season with salt and pepper to taste. If you'd like a thinner soup, add more water. Cook until the vegetables are tender, about 2 to 5 minutes.

Put the noodles into each diner's bowl. Serve the soup over the noodles.

Love this recipe? #meezmagic

Instructions for two servings.

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

Chicken Enchiladas Rojas

Classic enchiladas rojas with a healthy Meez tweak. It all starts with a zesty enchilada sauce that's perfect with all-natural chicken breast and vitamin-C rich cauliflower. Wrapped up in a warm tortilla and topped with gooey Chihuahua cheese, this dinner is simply delicious.

40 Minutes to the Table

20 Minutes Hands On

1 Whisk Super Easy

Getting Organized

EQUIPMENT

Large Skillet
9x9 Casserole Dish
Slotted Spoon
(Optional)

FROM YOUR PANTRY

Olive Oil
Salt & Pepper

5 MEEZ CONTAINERS

Chicken Breast
Cauliflower
Enchilada Sauce
Chihuahua Cheese
Corn Tortillas

Make The Meal Your Own

Picky Eaters Tip – These enchiladas are a great way to sneak veggies into dinner. If you're cooking with someone who doesn't like cauliflower, you can replace it with another vegetable, like green or red bell peppers. Dice it into small pieces and cook it with the chicken in step 3.

This dinner is flavorful but not spicy. If you want to add a kick, add a little crushed red pepper or diced jalapenos to the sauce.

Our cage-free 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

A note on pan size – Chef Max recommends a 9x9 baking dish if you're cooking for 2 or 3 people or a 9x13 baking dish if you're cooking for 4 or more.

Health snapshot per serving – 545 Calories, 50g Protein, 20g Fat, 50g Carbs, 13 WW+ Points

Lightened up snapshot – 490 Calories, 15g Fat and 12 WW+ points with half the cheese.

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

INGREDIENTS: Free-Range Chicken, Cauliflower, Corn Tortillas, Prepared Enchilada Sauce, Chihuahua Cheese, Lime Juice, Garlic, Herbs and Spices

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1. Get Organized

Preheat your oven to 375 degrees.

2. Prep the Chicken

Rinse the **Chicken Breast** under cold water and pat dry with a paper towel. Place the chicken on a cutting board. Using a sharp knife, cut the chicken breast evenly into strips, about ¼" to ½" wide.

Sprinkle with salt and pepper. (We recommend 1/8 tsp salt and 1/8 tsp pepper on each side, but you can use more if you like).

You want medium-length strips, so cut across the width of the chicken (the short side).

3. Cook the Chicken and Cauliflower

Heat 1 Tbsp of oil in a large skillet over medium-high heat. Once the oil is hot, add the chicken and cook, without stirring, until the bottom is well browned, about 5 to 7 minutes. Flip the chicken and add the **Cauliflower** to the pan. Continue cooking, stirring occasionally, until the cauliflower and chicken are both browned, 10 to 12 minutes.

Add the **Enchilada Sauce** and ¼ cup of water to the pan. Bring to a boil, then reduce heat and simmer until thickened slightly, about 3 to 5 minutes.

4. Heat the Tortillas

While the sauce is simmering, heat the tortillas until just pliable. You can do this in a dry skillet on the stove or directly over a gas burner for about 30 to 60 seconds per tortilla).

5. Roll and Bake the Enchiladas

Using a slotted spoon, remove the chicken and cauliflower (try to leave some of the sauce behind) from the skillet and divide between each of the **Corn Tortillas**. Once filled, roll the tortillas to close and place, seam-side-down in the casserole dish. Bake just until the tortillas start to crisp, about 3 minutes.

Pour the reserved sauce over the enchiladas, and then sprinkle the **Chihuahua Cheese** over top. Bake until the cheese is melted and browned, 5 to 7 minutes. Enjoy!

Instructions for two servings.

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

Penne with Chicken and Pecorino

This dinner proves once again that simple ingredients cooked fresh make a delicious meal. With cage-free chicken, whole grain penne, Pecorino cheese, cherry tomatoes and kalamata olives, this simple skillet recipe is somehow more than the sum of its parts. Yum!

25 Minutes to the Table

20 Minutes Hands On

1 Whisk Super Easy

Getting Organized

EQUIPMENT

2 Large Skillets

FROM YOUR PANTRY

Olive Oil

Salt & Pepper

4 MEEZ CONTAINERS

Whole-Wheat Pasta

Tomatoes & Beans

Chicken Breast

Pecorino & Basil

Make The Meal Your Own

Our cage-free 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

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

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 – 550 Calories, 30g Fat, 25g Protein, 50g Carbs, 18 WW+ Points

Lightened up snapshot – 480 Calories, 20g Fat and 14 WW+ Points with half the Tomatoes and Beans

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

INGREDIENTS: Free-Range Chicken, Whole-Wheat Pasta, Tomatoes, Cannellini Beans, Pecorino Cheese, Kalamata Olives, Basil, Garlic

meez meals

1. Cook the Pasta

Add **Whole-Wheat Pasta** and 3 cups of water to a large skillet along with ½ tsp salt and ½ pepper. Bring the water to a boil, then reduce to a simmer and cook until most of the water has been absorbed (there should be a few tablespoons left), about 15 to 18 minutes. Add **Tomatoes & Beans** and cook until hot throughout, about 3 minutes.

We're cooking the pasta in a skillet because it ensures perfect texture and the little bit of extra water in the pan helps make a delicious sauce.

2. Prep and Cook the Chicken

While the pasta is cooking, rinse the **Chicken Breast** under cold water and pat dry with a towel. Generously sprinkle with salt and pepper (we use ¼ tsp salt and ¼ tsp pepper, so use about half per side, or more if you like).

Heat 1 Tbsp oil in a large skillet over high heat. When the oil is hot, add the chicken to the pan. Cook, without moving or flipping, until the bottom is browned and each piece begins to color up the side, about 3 to 5 minutes. Flip and continue cooking until the other side is well browned and no pink is showing on the outside, about 4 to 6 more minutes. Reduce heat to low, cover and let sit 5 minutes.

Once the chicken is fully cooked, cut each piece into ½" strips.

You can cut the chicken or use a thermometer to check that it's fully cooked. You're looking for at least 165 degrees.

3. Put It All Together

Toss the chicken strips in the pan with the pasta. Heat over medium-high heat until combined and hot, about 1 minute. Serve the pasta topped with **Pecorino & Basil**.

Love this recipe? #meezmagic

Tilapia Bento Burrito

You'll be transported to the beach with these zesty fish tacos. Omega-3 rich salmon is coated with our Baja seasoning and then paired with creamy avocado and tangy pineapple. Fast, fantastic and full of flavor, don't forget the lemonade and cerveza to complete the meal.

20 Minutes to the Table

15 Minutes Hands On

1 Whisk Super Easy

Getting Organized

EQUIPMENT

- Saucepan
- Shallow Pie Pan or Plate
- Large Skillet
- Baking Sheet (Optional)

FROM YOUR PANTRY

- ½ Cup Flour
- Olive Oil
- Salt & Pepper

5 MEEZ CONTAINERS

- Rice
- Asian Vegetables
- Tilapia
- Tortillas
- Soy Ginger Aioli

Make The Meal Your Own

We love to finish our burritos in the oven, but you can also use a toaster oven or just roll up the filling and eat immediately.

Turn your leftovers into a delicious salad. Just toss any extra veggies and rice with the soy ginger aioli. You can add your own greens or top with a protein, though we think it's just as tasty without any additions.

Our tilapia is 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 given you corn tortillas. Toss the vegetables and rice with a little aioli, flake the fish into pieces and then fill like tacos.

Health snapshot per serving – 595 Calories, 30g Fat, 30g Protein, 50g Carbs, 16 WW+ Points

Lightened up snapshot – 465 Calories, 20g Fat, and 12 WW+ Points with ½ the avocado & coleslaw dressing.

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

INGREDIENTS: Tilapia, Flour Tortillas, Rice, Mayonnaise, Carrot, Snow Peas, Bamboo Shoots, Edamame, Soy Sauce, Green Onion, Mirin, Brown Sugar, Ginger, Garlic

meez meals

1. Getting Organized

Put a saucepan of water on to boil and preheat your toaster or conventional oven to 400 degrees.

*Heating your oven is optional
(see note on other side.)*

2. Cook the Rice

Add the **Rice** to the boiling water. Reduce heat to medium and simmer uncovered for 15 to 20 minutes. Drain and return to the saucepan. Cover and set aside.

3. Sauté the Vegetables

While the rice is cooking, heat 1 Tbsp oil in a large skillet on medium-high heat. Add the **Asian Vegetables** and cook, stirring occasionally, until the snow peas are bright green, about 3 to 5 minutes. Remove to a bowl or plate and wipe out the skillet.

*The veggies should be warm,
but still have some crunch to
them.*

4. 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. Remove from the heat and let rest 5 minutes.

*Place the tilapia in the pan
gently to avoid any oil splashing.*

5. Roll and Finish the Burrito

Fill the bottom half of each **Tortilla** with vegetables, rice, tilapia and a few tablespoons of **Soy Ginger Aioli**. To wrap, fold in each of the sides, pull the bottom up over the filling and roll.

*Too hot for the oven? Just
roll up your burrito and enjoy!*

Place the burritos seam-side-down on a baking sheet and place into the oven just until warm, about 1 to 2 minutes. Serve with remaining aioli.

*Love this recipe?
#meezmagic*

Instructions for two servings.
Meez Meals * 1459 N. Elmwood Avenue * Evanston * Illinois

Portobello Grilled Cheese

15 *Minutes to the Table*

15 *Minutes Hands On*

1 Whisk *Super Easy*

Getting Organized

EQUIPMENT

Non-Stick Skillet

FROM YOUR PANTRY

Vegetable Oil

5 MEEZ CONTAINERS

Portobello

Mushrooms

Balsamic

Vinaigrette

Sourdough

Gruyere &

Mozzarella

Cranberry Aioli

Good to Know

We like the way mushrooms cook in a skillet, but if you want make this a hands-free dish, roast the mushrooms and then bake the grilled cheese for 5 minutes at 375 degrees.

Health Snapshot per serving (serves 1)

675 Calories, 35g Fat, 55g Carbs, 30g Protein
18 WW+ Points

Lightened up snapshot (1/2 aioli)

450 Calories, 20g Fat, 50g Carbs, 12 WW+ Points

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

INGREDIENTS: Whole Wheat Sourdough, Portobello Mushrooms, Mozzarella, Balsamic Vinegar, Gruyere, Mayonnaise, Dried Cranberries, Brown Sugar, Vinegar, Herbs and Spices

meezmeals

1. Cook the Mushrooms

Heat ½ Tbsp of oil in a skillet over medium-high heat. Add the **Portobello Mushrooms** and cook until lightly browned, 5 to 6 minutes. Add the **Balsamic Vinaigrette**, and stir to coat the mushrooms. Set aside.

2. Make the Sandwich

Heat 1 Tbsp of oil in the same skillet over medium-high heat. Put one piece of **Sourdough** in the oil and then top with half of the **Gruyere & Mozzarella**. Spoon the mushrooms into the center of the cheese and sprinkle with remaining cheese. Top with the second piece of bread and press down to close.

Cook 1 to 2 minutes, then flip and cook another 3 to 4 minutes until the bread is golden brown. Turn off the heat, cover the sandwich and let sit for 1 minute.

3. Put It All Together

Remove the top piece of bread and spread the inside of the slice with **Cranberry Aioli** to taste or spoon the aioli over the top of the cooked sandwich. Enjoy!

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

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

Quick Tips

Lemon-Chai Brussels Sprouts Over Pearl Couscous

15 Min to Table	10 Min Hands On	1 Whisk Easy
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Getting Started Preheat your oven to 400 and put a pot of water on to boil.

Omnivore Option Halibut tastes great with this recipe.

Chicken Enchiladas Rojas

40 Min to Table	20 Min Hands On	1 Whisk Super Easy
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Getting Started Preheat oven to 375.

Picky Eaters Tip Replace the cauliflower with another vegetable.

Roasted Red Pepper Spaghetti with Squash & Spinach

30 Min to Table	15 Min Hands On	1 Whisk Super Easy
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Getting Started Preheat your oven to 425 and put a pot of water on to boil.

Omnivore Option Halibut tastes great with this recipe.

Tokyo Tilapia Burrito

25 Min to Table	15 Min Hands On	1 Whisk Easy
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Getting Started Preheat to 400 and put a saucepan on to boil

Leftovers Tip Throw all the leftovers together to make a salad!

From Your Pantry You'll need 1/4 a cup of flour per serving

Thai Red Curry Soup

25 Min to Table	10 Min Hands On	1 Whisk Easy
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Getting Started Put a saucepan of water on to boil.

Omnivore Option Shrimp is great with this.

Penne with Chicken & Pecorino

25 Min to Table	20 Min Hands On	1 Whisk Super Easy
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Getting Started Put large skillet with water on stovetop.

Meal Tip This meal is served well cold!

Fresh Basil Pesto Quesadilla

25 Min	5 Min	1 Whisk
<i>to Table</i>	<i>Hands On</i>	<i>Super Easy</i>

Getting Started Preheat your oven to 400.

Picky Eater Tip Use mozzarella instead of gouda.

Cheesy Tomatillo Casserole

30 Min	15 Min	1 Whisk
<i>to Table</i>	<i>Hands On</i>	<i>Super Easy</i>

Getting Started Preheat your oven to 450.

Omnivore Option Chorizo is right at home in this dish.

Portobello Grilled Cheese

15 Min	15 Min	1 Whisk
<i>to Table</i>	<i>Hands On</i>	<i>Super Easy</i>

Getting Started Heat butter in medium skillet.

Southwestern Salad

5 Min	5 Min	1 Whisk
<i>to Table</i>	<i>Hands On</i>	<i>Super Easy</i>

Getting Started This is toss and serve!

Health Snapshot

Lemon-Chai Brussels Sprouts

835 Calories
30 g Protein
55 g Fat
80 g Carbs.
10 g Fiber
700 mg Sod.

25 WW+ Points

300% Vitamin C
45% Folate
35% Vitamin A

Chicken Enchiladas

545 Calories
50 g Protein
20 g Fat
50 g Carbs.
5 g Fiber
315 mg Sodium

13 WW+ Points

60% Vitamin B6
50% Vitamin C
30% Calcium

Roasted Red Pepper Spaghetti

560 Calories
25 g Protein
15g Fat
95 g Carbs.
15 g Fiber
1,305 mg Sod.

15 WW+ Points

495% Vitamin A
245% Vitamin C
65% Calcium

Tilapia Burrito

570 Calories
30 g Protein
20 g Fat
50 g Carbs.
15 g Fiber
525 mg Sod.

14 WW+ Points

100% Vitamin A
40% Vitamin C
10% Calcium

Thai Red Curry Soup

370 Calories
20 g Protein
10 g Fat
40 g Carbs.
5 g Fiber
1,065 mg Sod.

8 WW+ Points

150% Vit. A
85% Vit. C
15% Calcium

Lighten Up Option

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

Brussels

½ couscous, no
cheese

500 Calories
45 g Fat
17 WW+ Points

Enchiladas

½ cheese

490 Calories
15 g Fat
12 WW+ Points

Spaghetti

No changes

560 Calories
15 g Fat
15 WW+ Points

Burrito

½ rice

485 Calories
15 g Fat
12 WW+ Points

Curry Soup

No changes

370 Calories
10 g Fat
8 WW+ Points

Health Snapshot

Penne with Chicken	Cheesy Casserole	Portobello Grilled Cheese	Basil Pesto Quesadilla	Southwestern Salad
550 Calories	390 Calories	675 Calories	800 Calories	520 Calories
25 g Protein	15 g Protein	30 g Protein	25 g Protein	20 g Protein
30 g Fat	11 g Fat	35 g Fat	45 g Fat	30 g Fat
50 g Carbs.	65 g Carbs.	55 g Carb.	80 g Carbs.	40 g Carbs.
10 g Fiber	13 g Fiber	10 g Fiber	10 g Fiber	10 g Fiber
445 mg Sod.	325 mg Sod.	1,100 mg Sod.	1,245 mg Sod.	875 mg Sod.
18 WW+ Points	10 WW+ Points	18 WW+ Points	22 WW+ Points	14 WW+ Points
80% Vitamin A	25% Vitamin C	90% Calcium	40% Calcium	80% Vitamin A
30% Vitamin C	22% Iron	20% Vitamin B12	35% Vitamin C	50% Vitamin B6
15% Calcium	14% Zinc	15% Vitamin A	30% Folate	40% Vit B-12

Lighten Up Option

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

Chicken	Casserole	Grilled Cheese	Quesadilla	Salad
<i>½ tomatoes and beans</i>	<i>No Changes</i>	<i>½ aioli</i>	<i>1 tortilla, ½ gouda & pesto</i>	<i>No changes</i>
480 Calories	390 Calories	450 Calories	500 Calories	520 Calories
20 g Fat	11 g Fat	20 g Fat	30 g Fat	30 g Fat
14 WW+ Points	10 WW+ Points	12 WW+ Points	13 WW+ Points	14 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.