

# Hearty Tuscan-Style Spaghetti Squash "Pasta" Bake

Classic Italian flavors, baked up in a delicious, healthy, low-carb casserole. We're replacing the noodles of a traditional pasta bake with spaghetti squash, and then combining it with a hearty tomato sauce and meaty chickpeas before topping it all with creamy mozzarella. Some might call this a crustless pizza casserole. Others may call it baked "spaghetti." We just call it delicious.

**50** Minutes to the Table

**20** Minutes Hands On

**2 Whisks** Easy

## Getting Organized

### EQUIPMENT

Casserole Dish or  
Dutch Oven  
Oven-Safe Skillet

### FROM YOUR PANTRY

Olive Oil  
Salt & Pepper

### 5 MEEZ CONTAINERS

Spaghetti Squash  
Chickpeas & Onions  
Tomato Sauce  
Mozzarella  
Parsley

## Make The Meal Your Own

**This is a great make-ahead dinner.** You can cook the squash in advance and assemble the casserole when you're ready to eat. Or, you can prep everything in a casserole dish, but leave the final 10 minutes of baking with the cheese for when you're ready to serve.

**Kids tip** – Once the spaghetti squash has cooled a bit, let your kids help pull the squash strands away from the skin. They'll get a kick out of the transformation and will be excited to try a vegetable that looks like noodles.

**Omnivore's Option** – Ground sausage is a great addition to this dish. Crumble and cook it with the chickpeas and onions.

## Good To Know

**A note on pans** – If you don't have a casserole dish or Dutch oven with a lid, cover your spaghetti squash with foil while it bakes.

**Health snapshot per serving** – 440Calories, 25g Protein, 10g Fiber, 12 WW+ Points

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

INGREDIENTS: Spaghetti Squash, Chickpeas, Tomatoes, Onion, Mozzarella, White Wine, Parsley, Garlic, Vegetable Base, Herbs and Spices

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## 1. Getting Organized

Preheat your oven to 375.

## 2. Cook the Squash

Put the **Spaghetti Squash** pieces skin side up in a casserole dish or Dutch oven and add ½ cup of water. Cover and cook until the squash strings off easily when you run a fork on it, about 25 to 30 minutes. Remove the squash to a colander and run under cold water until it's cool enough to handle, 3 to 5 minutes. Use a fork to pull the squash away from the skin into spaghetti-like strands.

*You can use the microwave to save time. Put the squash in a microwave-safe dish, add the water, cover with plastic wrap and heat for 8 to 10 minutes.*

## 3. Make the Casserole

While the spaghetti squash is cooking, heat 2 Tbsp olive oil in a large, oven-safe skillet over high heat. Add the **Chickpeas & Onions** and cook until well caramelized, stirring occasionally, about 6 to 8 minutes.

Reduce the heat to medium and add the **Tomato Sauce**. Cook until slightly thickened, 3 to 5 minutes. Stir the squash into the pan.

## 4. Put It All Together

Sprinkle the **Mozzarella Cheese** evenly over the top and bake until the cheese is starting to brown and the sauce is bubbling, about 10 to 15 minutes. Serve topped with **Parsley**. Enjoy!

*Love this recipe? #meezmagic*

Instructions for two servings.

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

# Barbeque Pizza

Back by popular demand! A whole-wheat crust spread with a delicious BBQ sauce and 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

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## 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! *Love this recipe? #meezmagic*

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

# *Spinach Pancakes with Basil Corn Relish*

We're mixing up savory pancakes with spinach and fontina, and then topping them with a citrus cream cheese spread that's pure magic. We top it all with a simple basil & corn relish, and the result is sophisticated comfort food at its best.

**40** Minutes to the Table

**40** Minutes Hands On

**2 Whisks** *Easy*

## *Getting Organized*

### EQUIPMENT

Mixing Bowl  
Baking Sheet  
Griddle or Skillet

### FROM YOUR PANTRY

Salt & Pepper  
Milk  
2 Eggs & Butter

### 5 MEEZ CONTAINERS

Basil Corn Relish  
Citrus Cream Cheese  
Fontina & Flour  
Onion & Garlic  
Spinach

## *Make The Meal Your Own*

**The size of the pancakes is up to you.** Jen thinks smaller ones are easier to turn, so she makes four small pancakes at a time. Chef Max likes the look of bigger pancakes for dinner so he makes one big one at a time.

**Kid's Tip** – If your kids are old enough, put them in charge of making the pancakes. The pancakes may not all be the same size, but your kids will get a kick out of eating their creation.

## *Good To Know*

**Health snapshot per serving** – 650 Calories, 35g Protein, 40g Fat, 17 WW+ Points

**Lightened up snapshot** – 500 Calories, 10g Fat and 13 WW+ Points when you use half of the citrus cream cheese.

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

INGREDIENTS: Corn, Spinach, Flour, Onion, Fontina Cheese, Cream Cheese, Apple Cider Vinegar, Orange Juice, Olive Oil, Basil, Garlic, Baking Powder

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## 1. Getting Organized

Preheat your oven to 375 and heat your griddle or skillet.

## 2. Mix the Pancake Batter

Melt 2 Tbsp butter in the microwave or on the stove, then put it in a large mixing bowl. Squeeze all the water from the **Spinach** and add it to the butter in the large bowl. Separate the whites from the yolks of 2 eggs, putting the yolks with the spinach and butter and the whites in a separate bowl. (Need help with this? Give us a call!)

Add the **Fontina & Flour, Onion & Garlic**, 1 tsp salt and  $\frac{3}{4}$  cup milk to the spinach mix and mix well. This should make a thick batter. If it's too stiff, add a little more milk. Beat the egg whites into soft peaks using an electric mixer or whisk, then gently fold into the batter.

## 3. Cook the Pancakes

Melt 1 to 2 Tbsp butter on your griddle or skillet over medium high heat. Ladle the batter on to the griddle and cook until golden, 2 to 3 minutes per side. Transfer the cooked pancakes to a baking sheet and bake until the pancakes bounce back when you touch the middle, about 7 to 10 minutes.

## 4. Put It All Together

Serve topped with the **Citrus Cream Cheese** and **Basil Corn Relish**. Enjoy!

*Love this recipe? #meezmagic*

*Chef Max's pancake secret is to beat the egg whites separately. It lightens up the batter and makes the pancakes extra delicious.*

*Don't have an electric mixer? Beat the whites by hand with a whisk or, if your arm gets tired, mix the eggs in without beating. The texture will be a little different but they'll still be delicious.*

Instructions for two servings.

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## Spicy Udon Noodles with Sesame-Soy Vegetables

This is a stir-fry with a twist. It all starts with the sauce. We began with a classic Chinese sesame soy sauce, and then add basil and ginger to give it a flair that makes it really special. Paired with butternut squash and snow peas cook up in the oven instead of a wok, it's a hands-free dinner members love.

**35** Minutes to the Table

**10** Minutes Hands On

**1 Whisk** Super Easy

### Getting Organized

#### EQUIPMENT

Baking Sheet  
Saucepan

#### FROM YOUR PANTRY

Olive Oil  
Salt & Pepper

#### 5 MEEZ CONTAINERS

Butternut Squash  
Sesame Soy Sauce  
Snow Peas &  
Bamboo  
Tofu  
Udon Noodles

### Make The Meal Your Own

**This dish has a kick.** If you're dining with someone who doesn't like spice, serve their portion with the sauce on the side.

**Omnivore's Option** – Sliced chicken breast is a great choice for this meal. Slice it into ½" strips and roast it with the squash.

### Good To Know

**If you're making the gluten-free version**, we're giving you rice noodles. Soak them in hot water while the veggies are roasting and then add them back to the pan in step 5.

**Health snapshot per serving** – 400 Calories, 20g Protein, 10g Fat, 65g Carbs, 13 WW+ Points

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

INGREDIENTS: Butternut Squash, Udon Noodles, Tofu, Bamboo Shoots, Snow Peas, Soy Sauce, Water, Massaman Curry, Maple Syrup, Rice Wine Vinegar, Ginger, Thai Basil, Garlic, Sesame Oil

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### 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** onto a rimmed baking sheet and drizzle with olive oil, salt and pepper. Arrange in a single layer and bake until starting to soften, about 12 to 15 minutes.

Add the **Tofu** to the baking sheet with the squash, stir, return to the oven and cook for 7 minutes. Add the **Snow Peas & Bamboo** to the squash and tofu. Stir and then return to the oven. Cook until the tofu has puffed and the snow peas are golden brown in places, about 5 to 7 minutes.

### 3. **Cook the Udon Noodles**

While the vegetables are roasting, add the **Udon Noodles** to the pot of boiling water and cook until tender, about 6 to 9 minutes. Drain and rinse with cold water. Set aside. Return the saucepan to the stove.

### 4. **Cook the Sauce**

In the now empty saucepan, simmer the **Sesame-Soy Sauce** over medium heat until it's thick enough to coat the back of a spoon, about 7 to 10 minutes.

### 5. **Put it All Together**

Add the roasted vegetables and udon to the sauce and toss to coat. Enjoy!

*We like to line our baking sheets with parchment paper so nothing sticks.*

*Make sure the sauce thickens a bit. The goal is to create a glazed effect.*

Instructions for two servings.

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# Chicken Pot Pie

This cozy recipe starts as a classic chicken pot pie, but we're tossing our cage-free chicken breast with plenty of corn, sweet potatoes and mushrooms to make it as healthy as it is delicious. Tossed in a light cream sauce with golden pastry on top, it's a recipe that's just right for fall, and less indulgent than you'd imagine.

**50** Minutes to the Table

**20** Minutes Hands On

**1 Whisk** Super Easy

## Getting Organized

### EQUIPMENT

- Large Skillet
- Loaf Pan or Casserole Dish

### FROM YOUR PANTRY

- Olive Oil or Butter
- 1 ½ Tbsp of Flour
- Salt & Pepper

### 6 MEEZ CONTAINERS

- Onions & Corn
- Chicken Breast
- Sweet Potatoes
- Cream Sauce
- Mushrooms
- Pie Crust

## Make The Meal Your Own

**This is a great make-ahead dinner.** You can cook the filling up to a day ahead. When you're ready to eat, just top with the pie dough and bake 20 to 25 minutes in a 400-degree oven.

**Picky eaters tip** – We love the earthiness from the mushrooms, but if you're eating with someone who doesn't love the idea of them, puree the mushrooms in a food processor and add to the filling before you top with the crust and bake. Your picky eater will never see them, but will love the flavor they bring.

**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 sizes.** Chef Max prefers to bake his pot pie in a deep, narrow pan like a loaf pan because it's the perfect size for the crust, but he says a casserole dish or oven-safe saucepan will work well too.

**Health snapshot per serving** – 580 Calories, 35g Protein, 25g Fat, 50g Carbs, 14 WW+ Points

**Lightened up snapshot** – 430 Calories, 15g Fat and 11 WW+ points replacing the pie dough with ½ cup of panko breadcrumbs sprinkled over the filling before baking.

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

INGREDIENTS: Free-Range Chicken, Sweet Potato, Mushrooms, Onion, Pie Crust, Corn, White Wine, Half and Half, Garlic, Miso, Concentrated Vegetable Stock, Herbs and Spices

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## 1. Getting Organized

Preheat your oven to 400.

## 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 ¼" to ½" 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 ¼ tsp salt and ¼ tsp pepper, so use about half per side, or more if you like).

## 3. Make the Filling

Heat 2 Tbsp of oil or butter in a large skillet over medium-high heat. Add the **Onions & Corn** and cook until well browned, about 7 to 10 minutes. Add the chicken and cook 5 minutes. Add the **Sweet Potatoes** and cook for 4 minutes, stirring constantly. Add 1 ½ Tbsp of flour and cook for one minute while stirring and distributing the flour evenly around the pan.

Add the **Cream Sauce** and stir, scraping the browned bits off the bottom of the pan. Simmer until it thickens to the consistency of gravy, about 1 minute. Add the **Mushrooms** and 1¼ cups water and bring the mixture to a boil. Reduce heat and simmer for 5 minutes. Season with salt and pepper to taste.

## 4. Bake the Pot Pie

Transfer the filling to a loaf pan (or, if you prefer, a casserole dish) and top with the **Pie Crust**. Bake until crust is golden brown and flaky, about 20 to 25 minutes.

Let cool slightly before serving. Enjoy! *Love this recipe? #meezmagic*

*Use your biggest skillet or a large saucepan because all of the ingredients are cooked together.*

*We include just enough pie crust to add flaky deliciousness, without all the calories of a traditional pot pie.*

Instructions for two servings.

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# Fontina Baked Chicken

A classic Italian recipe and guaranteed crowd pleaser. With melted Fontina, crispy breadcrumbs and balsamic-glazed greens, all drizzled with an Italian cream sauce, it's a restaurant-worthy meal on the table in just 30 minutes.

**30** *Minutes to the Table*

**15** *Minutes Hands On*

**2 Whisks** *Easy*

## Getting Organized

### EQUIPMENT

Large Oven-Safe Skillet  
Large Skillet

### FROM YOUR PANTRY

Olive Oil  
Salt & Pepper

### 6 MEEZ CONTAINERS

Chicken Breast  
Roasted Red Peppers  
Fontina & Breadcrumbs  
Cream Sauce  
Spinach & Kale  
Balsamic Glaze

## Make The Meal Your Own

**Have leftovers?** These flavors are delicious with pasta. Just cook up your favorite and toss with the leftovers.

**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

**Be sure to generously season your chicken** with salt and pepper before cooking. Chef Max recommends using  $\frac{1}{4}$  tsp of each.

**Health snapshot per serving** – 630 Calories, 25g Fat, 55g Protein, 40g Carbs, 16 WW+ Points

INGREDIENTS: Free-Range Chicken, Roasted Red Pepper, Spinach, Fontina Cheese, Half & Half, White Wine, Kale, Panko Breadcrumbs, Balsamic Vinegar, Italian Breadcrumbs, Brown Sugar, Garlic, Herbs

meez *meals*

## 1. Getting Organized

Preheat your oven to 400.

## 2. Prep and Cook the Chicken

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 tsp oil in a large oven-safe 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 minutes. Flip and continue cooking until the other side is well browned, about 3 more minutes. Turn off the heat.

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

## 3. Bake the Chicken

Lay the **Roasted Red Peppers** evenly on top of the chicken breasts. Top with **Fontina & Breadcrumbs**, pressing down to cover the peppers and the entire chicken breast.

Pour the **Cream Sauce** into the bottom of the pan and return pan to high heat. As soon as the sauce begins to boil, turn off the heat and place the skillet into the oven. Bake until the breadcrumbs are golden brown and the sauce has thickened, about 12 to 15 minutes.

*The sauce will be very thick. We like it that way, but if you prefer a thinner sauce, add 1-2 Tbsp of water to the pan after it's been in the oven 5 minutes.*

## 4. Sauté the Greens

Heat 1 tsp oil in a large skillet over high heat. Add the **Spinach & Kale** and cook until lightly wilted, but still bright green, about 2 minutes. Stir in **Balsamic Glaze**, coating the greens, until thickened. Drain any excess liquid from the pan.

*If you're cooking your greens in batches, use 1 tsp of oil per batch.*

Serve the glazed greens alongside the baked chicken.

*Love this recipe? #meezmagic*

Instructions for two servings.

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# Mediterranean Stuffed Tilapia

We're hooked on artichokes, and when Chef Max suggested stuffing tilapia with a fresh artichoke tapenade, we couldn't wait to try it. One bite and we were sold. With a broccoli and almond salad on the side, it's a meal just right for fall.

**30** *Minutes to the Table*

**10** *Minutes Hands On*

**2 Whisks** *Easy*

## Getting Organized

### EQUIPMENT

Baking Sheet

### FROM YOUR PANTRY

Olive Oil  
Salt & Pepper

### 5 MEEZ CONTAINERS

Broccoli  
Almonds  
Vinaigrette  
Tilapia  
Artichoke Tapenade

## Make The Meal Your Own

**Want to make a simpler version of this dish?** Skip the stuffing step and spread the artichoke tapenade on top of the fish fillets, instead.

**For an extra bit of salt and smoke,** try adding bacon bits to the artichoke tapenade before stuffing the fish.

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

## Good To Know

**Health snapshot per serving** – 630 Calories, 45g Fat, 35g Protein, 20g Carbs, 17 WW+ Points

**Lightened up snapshot** – 430 Calories, 25g Fat, and 11 WW+ Points with ½ the honey Dijon.

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

INGREDIENTS: Wild-Caught Tilapia, Broccoli, Artichoke Hearts, Olive Oil, Panko Breadcrumbs, Almonds, Red Wine Vinegar, Parmesan Cheese, Dijon Mustard, Honey, Lemon Juice, Herbs and Spices

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## 1. Get Organized

Preheat your oven to 400 degrees.

## 2. Make the Broccoli Salad

Combine the **Broccoli, Almonds** and  $\frac{3}{4}$  **Vinaigrette** in a mixing bowl. Stir well and set aside.

*The broccoli salad is best at room temperature, so leave it out while you cook.*

## 3. Stuff the Tilapia

Place the **Tilapia** on a lightly oiled (or parchment-lined) baking sheet. Use a knife to cut a slit lengthwise down the center of the wider side of the fish, leaving 1-inch on either end. Put 3 heaping Tbsp of the **Artichoke Tapenade** in the center of the opposite side of the fillet (the uncut side). Fold the cut-side of the fish over the tapenade, sandwiching it between both sides of the fish. Repeat this process with the other fillet (you will have tapenade left over). Top the fish with remaining tapenade and drizzle with olive oil.

*One side of the tilapia is slightly wider and longer than the other - cut this wider and longer side.*

*Make sure to cut the slit all the way through the fish. This opening allows the fish and tapenade to cook evenly.*

## 4. Bake the Fish

Bake the stuffed tilapia until the tapenade on top starts to brown, about 15 to 20 minutes. Serve the stuffed tilapia on top of the broccoli salad and spoon the remaining vinaigrette over top. Enjoy!

*If you want to make sure the fish is fully cooked, flake off a few pieces toward the center to check or use a thermometer - you're looking for an internal temp. of 145 or above.*

*Love this recipe? #meezmagic*

Instructions for two servings.

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## Hawaiian Quesadilla

**20** *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

Cheese

Corn & Pineapple

Spiced Beans

### Good to Know

**Want a simpler version of this?** Skip the corn and pineapple and serve as a salsa on the side instead.

#### **Health Snapshot per serving (serves 1)**

900 Calories, 40g Fat, 10g Fiber, 24 WW+ Points

#### **Lightened up snapshot (1 tortilla, 1/3 cheese)**

500 Calories, 15g Fat, 14 WW+ Points

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

INGREDIENTS: Flour Tortillas, Black Beans, Quesadilla Cheese, Corn, Pineapple, Water, Herbs and Spices

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### 1. Getting Organized

Preheat your oven to 400.

### 2. Prep the Tortillas

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.

### 3. Build the Quesadilla

Spread the **Spiced Black Beans** on the tortilla. Sprinkle the **Corn & Pineapple** on top of the beans and then top with **Cheese**. 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, 8 to 10 minutes. Flip the quesadilla, and cook an additional 3 to 4 minutes. Cut into wedges and serve. Enjoy! *Love this recipe? \*meezmagic*

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# Bangkok Basil Crunch Salad

**5** Minutes to the Table

**5** Minutes Hands On

## Getting Organized

### EQUIPMENT

Mixing Bowl

### FROM YOUR PANTRY

Salt & Pepper

### 4 MEEZ CONTAINERS

Asian Veggies

Organic Tofu

Bangkok Basil

Dressing

Peanuts

## Put It All Together

Put the **Asian Veggies** into a large mixing bowl with the **Organic Tofu** and half of the **Bangkok Basil Dressing**. Add salt and pepper and more dressing to taste. Serve topped with the **Peanuts** and enjoy!

## Good to Know

### **Health Snapshot per serving (serves 1)**

570 Calories, 5g Protein, 20g Fat, 20g Fiber  
12 WW+ Points

### **Have Questions?**

*We're standing by at 773.916.6339*

INGREDIENTS: Organic Tofu, Cabbage, Carrots, Sugar Snap Peas, Peanuts, Vegetable Oil, Rice Wine Vinegar, Soy Sauce, Brown Sugar, Basil, Ginger, Sesame Oil, Garlic

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# 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 773.916.6339

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

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# Quick Tips

## Hearty Tuscan Spaghetti Squash "Pasta" Bake

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<b>20 Min</b> to Table	<b>10 Min</b> Hands On	<b>1 Whisk</b> Easy
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**Getting Started** Put a saucepan of water on to boil.

**Omnivore Option** Seared salmon would be delicious with this meal.

## Mediterranean Stuffed Tilapia

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<b>30 Min</b> to Table	<b>10 Min</b> Hands On	<b>1 Whisk</b> Easy
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**Getting Started** Preheat oven to 400.

**Meal Tip** Try adding bacon to the artichoke tapenade.

## Chicken Pot Pie

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<b>45 Min</b> to Table	<b>20 Min</b> Hands On	<b>1 Whisk</b> Super Easy
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**Getting Started** Preheat your oven to 400.

**Make Ahead Tip** Cook the filling up to a day ahead.

## Spinach Pancakes with Basil Corn Relish

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<b>30 Min</b> to Table	<b>30 Min</b> Hands On	<b>1 Whisk</b> Easy
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**Getting Started** Preheat your oven to 375 & heat the griddle/skillet.

**Kids Tip** Put them in charge of making the pancakes!

**From Your Pantry** You'll need salt, pepper, milk, eggs and butter.

## Barbeque Flatbread Pizza

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<b>30 Min</b> to Table	<b>10 Min</b> Hands On	<b>1 Whisk</b> Super Easy
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**Getting Started** Preheat your oven to 400 and take pizza dough out of refrigerator.

**Omnivore Option** Chicken is a great option.

## Fontina Baked Chicken

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<b>30 Min</b> to Table	<b>15 Min</b> Hands On	<b>1 Whisk</b> Super Easy
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**Getting Started** Preheat oven to 400.

### *Buttermilk Broccoli Salad*

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<b>5 Min</b> to Table	<b>5 Min</b> Hands On	<b>1 Whisk</b> Super Easy
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**Getting Started** Toss and serve!

### *Spicy Udon Noodles with Sesame-Soy Vegetables*

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<b>35 Min</b> to Table	<b>10 Min</b> Hands On	<b>1 Whisk</b> Super Easy
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**Getting Started** Set your oven to 425 and a pot of water on to boil.

**Omnivore Option** Sliced chicken breast is a tasty choice for this meal.

### *Single Serve Hawaiian Quesadilla*

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<b>25 Min</b> to Table	<b>5 Min</b> Hands On	<b>1 Whisk</b> Super Easy
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**Getting Started** Preheat your oven to 400.

### *Bangkok Basil Crunch Salad*

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<b>5 Min</b> to Table	<b>5 Min</b> Hands On	<b>1 Whisk</b> Super Easy
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**Getting Started** Toss and serve!

## Health Snapshot

### Tuscan Spaghetti Squash

435 Calories  
20 g Protein  
10 g Fat  
65 g Carbs.  
10 g Fiber  
1,445 mg Sod.

11 WW+ Points

60% Vitamin B-6  
50% Vitamin C  
40% Folate

### Chicken Pot Pie

580 Calories  
35 g Protein  
25 g Fat  
50 g Carbs.  
5 g Fiber  
525 mg Sodium

14 WW+ Points

230% Vitamin A  
30% Vitamin C  
15% Vitamin B6

### Barbeque Flatbread Pizza

730 Calories  
40 g Protein  
20 g Fat  
95 g Carbs  
20 g Fiber  
1450 mg Sodium

22 WW+ Points

200% Vitamin A  
60% Calcium  
55% Vitamin C

### Mediterranean Stuffed Tilapia

630 Calories  
35 g Protein  
45 g Fat  
20 g Carbs.  
10 g Fiber  
845 mg Sod.

17 WW+ Points

90% Vitamin C  
30% Vitamin A  
40% Iron

### Spinach Pancakes

650 Calories  
35 g Protein  
40 g Fat  
50 g Carbs.  
10 g Fiber  
735 mg Sod.

17 WW+ Points

135 Vit. C  
50% Folate  
25% Calcium

### Lighten Up Option

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

#### Spaghetti Squash

*½ Mozzarella*

385 Calories  
5 g Fat  
9 WW+ Points

#### Pot Pie

*No pie crust,  
panko  
breadcrumbs*

430 Calories  
15 g Fat  
11 WW+ Points

#### Pizza

*Half the cheese*

500 Calories  
10 g Fat  
20 WW+ Points

#### Salmon

*Half the honey  
Dijon*

430 Calories  
25 g Fat  
11 WW+ Points

#### Pancakes

*½ the cream  
cheese*

500 Calories  
10 g Fat  
13 WW+ Points

## Health Snapshot

### Udon Noodles Vegetables

400 Calories  
20 g Protein  
10 g Fat  
65 g Carbs.  
15 g Fiber  
1,202 mg Sod.

13 WW+ Points

120% Vit b-12  
80% Vitamin E  
25% Vitamin C

### Fontina Chicken

630 Calories  
55 g Protein  
25 g Fat  
40 g Carbs.  
15 g Fiber  
790 mg Sod.

16 WW+ Points

100% Vitamin A  
40% Vitamin C  
10% Calcium

### Hawaiian Quesadilla

900 Calories  
40 g Protein  
40 g Fat  
105 g Carbs.  
10 g Fiber  
1,445 mg Sodium

24 WW+ Points

70% Calcium  
50% Folate  
20% Vitamin C

### Basil Crunch Salad

570 Calories  
5 Protein  
20 g Fat  
70 g Carbs.  
20 g Fiber  
300 mg Sod.

12 WW+ Points

440% Vitamin C  
300% Vitamin A  
25% Calcium

### Broccoli Salad

255 Calories  
5 g Protein  
20 g Fat  
20 g Carbs.  
5 g Fiber  
80 mg Sod.

7 WW+ Points

90% Vitamin C  
30% Vitamin E  
20% Vitamin A

### Lighten Up Option

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

#### Udon

No changes

400 Calories  
10 g Fat  
13 WW+ Points

#### Chicken

*½ cream sauce and  
bread crumbs*

490 Calories  
15 g Fat  
14 WW+ Points

#### Quesadilla

*1 tortilla, 1/3 cheese*

500 Calories  
15 g Fat  
14 WW+ Points

#### Salad

No changes

570 Calories  
20 g Fat  
12 WW+ Points

#### Salad

No changes

255 Calories  
20 g Fat  
7 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.*