

Thai Sweet Potato & Kale Bowl

This gem is humble and oh-so delicious. It's all about the Asian peanut butter sauce, which we could eat with a spoon. But since we're supposed to be grown ups, we're restraining ourselves. (Mostly.) Instead, we're tossing it with roasted sweet potatoes, toasted organic tofu, wilted kale and brown rice. The result is crazy good.

40 Minutes to the Table

20 Minutes Hands On

1 Whisk *Super Easy*

Getting Organized

EQUIPMENT

Saucepan
Large Skillet
Rimmed Baking Sheet
Mixing Bowl

FROM YOUR PANTRY

Olive Oil
Salt & Pepper

5 MEEZ CONTAINERS

Baked Tofu
Brown Rice
Kale
Peanut Sauce
Sweet Potatoes

Make The Meal Your Own

Cooking with a picky eater? This peanut sauce makes even the scariest vegetable delicious. Try chopping the kale into small bites so it's more approachable for cautious eaters.

Love peanuts? Try sprinkling some more on top of the dish for an extra crunch.

Good To Know

Chef's Note -- You'll see our method for cooking brown rice is a little unusual. It's faster than the traditional method, and we think the rice ends up fluffier.

Health snapshot per serving – 600 Calories, 30g Protein, 10g Fiber, 16 WW+ Points

Lightened up snapshot – 480 Calories, 10 g Fat and 13 WW+ points when you use half of the baked tofu.

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

INGREDIENTS: Sweet Potatoes, Kale, Baked Tofu, Brown Rice, Peanut Butter, Rice Vinegar, Soy Sauce, Brown Sugar, Garlic, Ginger, Spices

meezmeals

1. Getting Organized

Preheat your oven to 450 and put a saucepan of water on to boil.

2. Cook the Rice

Add the **Brown Rice** to the saucepan of boiling water and simmer uncovered over medium heat for 30 minutes. Drain, then return it to the pot. Cover and let sit 5 minutes.

We cook our brown rice like pasta. Make sure the water is boiling and you're good to go. Remember: brown rice has a firmer texture than white rice.

3. Roast the Sweet Potatoes

While the rice is cooking, put the **Sweet Potatoes** 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 tender, about 20 to 25 minutes.

4. Cook the Kale & Tofu

Heat 2 Tbsp olive oil in a large skillet over medium-high heat. Add the **Kale** and cook, stirring, until it's bright green and lightly wilted, about 3 to 5 minutes. Season with salt and pepper and transfer to a bowl.

If you prefer softer kale, cook it for a few extra minutes.

Heat another 2 Tbsp olive oil in the now-empty skillet over medium-high heat. Add the **Baked Tofu** to the pan and cook until it crisps in places, about 3 to 5 minutes on each side.

5. Put It All Together

Put the **Peanut Sauce** into a mixing bowl and thin with a little water. Now give everyone some rice, kale, sweet potatoes and baked tofu. Drizzle with the peanut sauce and enjoy!

Love this recipe? #meezmagic

We found 2 to 4 Tbsp water is just right.

Instructions for two servings.

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

Lemon-Chai Seared Vegetables

This recipe was inspired by one of our favorite combinations: lemon and chai spice. Together, they create a sunny flavor that we just love. We're mixing them with a splash of coconut milk to create a dressing that's perfect with seared broccoli and carrots. Tossed with toasted polenta croutons and salted pecans, the result is a summery dinner we just love. (This meal is great hot or cold!)

25 Minutes to the Table

25 Minutes Hands On

1 Whisk *Super Easy*

Getting Organized

EQUIPMENT

Rimmed Baking Sheet
Large Skillet
Mixing Bowl

FROM YOUR PANTRY

Olive Oil
Salt & Pepper

5 MEEZ CONTAINERS

Polenta
Pecans
Broccoli & Carrots
Butter Beans & Onions
Lemon Chai Dressing

Make The Meal Your Own

This dish is delicious cold. Cook all the vegetables ahead of time and toss everything together without the nuts. When you're ready to eat, top with the pecans and serve.

Omnivore's Option – Chopped pork loin would be great in this. Roast it with the polenta and mix into the salad.

Good To Know

Chef Max recommends using the largest skillet possible to cook the veggies. This helps all the veggies to come in contact with the hot pan to get a good, flavorful sear.

Health snapshot per serving – 442 Calories, 14g Protein, 20g Fat, 57g Carbs, 12 WW+ Points

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

INGREDIENTS: Broccoli, Polenta, Butter Beans, Coconut Milk, Carrots, Red Onion, Pecans, Lemon, Green Onions, Spices, Garlic

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1. Get Organized

Preheat your oven to 400.

2. Toast the Polenta

Cut the **Polenta** into approximately ½" rounds (you should get about 4 rounds per serving). Cut each round into quarters. Arrange on a rimmed baking sheet and drizzle with 2 Tbsp. olive oil and add a generous pinch of salt and pepper. Bake until crispy and starting to brown, about 15 to 17 minutes.

3. Sear the Beans & Vegetables

While the polenta is toasting, heat 2 Tbsp olive oil in a large skillet over high heat. Add the **Butter Beans & Onions** and cook until well caramelized, about 5 to 7 minutes. Transfer to a large mixing bowl.

Heat 1 Tbsp olive oil in the now-empty skillet over high heat. When the oil is starting to smoke, add the **Broccoli & Carrots**. Cook, stirring, until browned in places, about 5 to 7 minutes, and then remove to the bowl with the beans.

4. Put it All Together

Add the **Lemon Chai Dressing** to the now-empty skillet and scrape the bottom to release any stuck-on bits. Bring the sauce to a boil, then reduce heat and simmer until it has reduced by half, about 5 to 7 minutes.

Add the **Pecans** and polenta to the beans and vegetables and toss. Add the lemon chai dressing and stir to coat. Enjoy!

To get a good sear on the vegetables, make sure the oil is smoking before you add them to the pan.

Like spice? Add a pinch of chili flakes to the sauce after it boils.

Instructions for two servings.

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

Vegetable Pot Pie

We love a classic pot pie. Start with a warm, creamy filling dotted with fresh vegetables and top it with a buttery, flaky pie crust, and you've got magic. This week's recipe is a delicious medley of sweet potatoes, green edamame, sweet corn and earthy mushrooms. Yum!

45 Minutes to the Table

20 Minutes Hands On

1 Whisk Super Easy

Getting Organized

EQUIPMENT

Large Skillet
Casserole Dish or
Loaf Pan

FROM YOUR PANTRY

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

6 MEEZ CONTAINERS

Onions & Garlic
Sweet Potatoes
Cream Sauce
Mushrooms
Edamame & Corn
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.

Picky eaters tip – We love the earthiness of the mushrooms, but if you're eating with someone who doesn't love them, puree them in a food processor and add to the filling before you top with the crust and bake.

Omnivore's Option – Roasted chicken is a traditional addition. Stir sliced, cooked chicken in with the edamame and corn before the pot pie goes into the oven.

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, but he says a casserole dish or oven-safe saucepan will work well too.

Health snapshot per serving – 275 Calories, 10g Protein, 10g Fat, 40g Carbs, 7 WW+ Points

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

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

meezmeals

1. Getting Organized

Preheat your oven to 400.

2. Make the Filling

Heat 2 Tbsp of oil or butter in a large skillet on high heat. Add the **Onions & Garlic** and cook until well browned, about 7 to 10 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, until thick, about one minute. Add the **Mushrooms** and 1½ cups water and bring the mixture to a boil. Reduce heat and simmer for 5 to 7 minutes. Add the **Edamame & Corn** and mix well. Season with salt and pepper to taste.

3. Bake the Pot Pie

Transfer the filling to a casserole dish or loaf pan (see note on pan sizes) 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!

You'll want to use your biggest skillet or a large saucepan because all of the ingredients are cooked together.

We provide a thinner pie crust for the flakiness without all the calories.

Love this recipe? #meezmagic

Instructions for two servings.

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

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 and protein-rich black beans, and then topped with spicy salsa before being 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 a compact bundle, so keep the tortilla wrapped tightly around the filling.

Health snapshot per serving – 650 Calories, 30g Fat, 30g Protein, 60g Carbs, 17 WW+ Points

Lightened up snapshot – 390 Calories, 15 g Fat and 14 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 put 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 3 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 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

Chicken Pizzolo

Think chicken, cooked up like a pizza. With a rich tomato sauce and lots of melted mozzarella cheese cooked up over all natural, cage-free chicken, then served on a bed of sautéed Italian greens, it's a recipe the whole family will love. (Did we mention it's just 10 minutes hands on?)

25 Minutes to the Table

10 Minutes Hands On

1 Whisk Super Easy

Getting Organized

EQUIPMENT

Large Oven-Safe Skillet
Large Skillet

FROM YOUR PANTRY

Olive Oil
Salt & Pepper

5 MEEZ CONTAINERS

Chicken Breast
Tomato Sauce
Mozzarella & Pecorino
Lemon & Garlic
Spinach & Kale

Make The Meal Your Own

Have a favorite pizza? Re-create the taste by laying your favorite toppings – we like pepperoni or sliced mushrooms – on top of the chicken before adding the cheese.

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

Chef Max recommends seasoning the chicken when it comes out of the oven to ensure the dish is balanced and seasoned to your tastes.

Health snapshot per serving – 420 Calories, 20g Fat, 50g Protein, 10g Carbs, 10 WW+ Points

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

INGREDIENTS: Free-Range Chicken, Tomatoes, Spinach, Kale, Mozzarella, Pecorino, White Wine, Red Onion, Garlic, Olive Oil, Basil, Miso, Herbs & Spices

meez meals

1. Getting Organized

Preheat your oven to 450.

2. Cook the Sauce

Heat a large, dry oven-safe skillet over medium-high heat. Add the **Tomato Sauce** and ½ cup water. Bring the sauce to a boil, reduce heat and simmer until most of the water evaporates, about 3 minutes. Turn off the heat.

3. Bake the Chicken

Rinse the **Chicken Breast** under cold water and pat dry with a towel. Place the chicken breasts in the pan on top of the sauce. Top each piece of chicken with **Mozzarella & Pecorino**, pressing down gently to help the cheese adhere to the top of the chicken.

Place the skillet into the oven and bake until the cheese is melted and the chicken is fully cooked, about 12 to 15 minutes.

If you have a thermometer, use it to check if the chicken is done. You're looking for 165 degrees or above.

4. Sauté the Greens

While the chicken is cooking, heat 1 Tbsp oil in a large skillet over high heat. Add the **Lemon & Garlic** and cook, stirring constantly, until fragrant, about 30 seconds. Add the **Spinach & Kale** and cook until lightly wilted, but still bright green, about 2 minutes.

Serve the sautéed greens alongside the baked chicken. Season with salt and pepper to taste.

Love this recipe? #meezmagic

Instructions for two servings.

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

Chicken Gruyere

Classic French flavors seem to make any meal special. This week we're pairing Gruyere cheese, sundried tomatoes and a classic Dijon cream sauce to transform baked chicken into a restaurant-worthy dinner. Served up over wild rice, it's a sophisticated meal that's on the table with just 15 minutes of hands-on cooking.

30 *Minutes to the Table*

15 *Minutes Hands On*

2 Whisks *Easy*

Getting Organized

EQUIPMENT

Large Oven-Safe Skillet
Saucepan

FROM YOUR PANTRY

Olive Oil
Salt & Pepper

6 MEEZ CONTAINERS

Chicken Breast
Sundried Tomatoes
Breadcrumbs & Cheese
Dijon Cream Sauce
Wild Rice
Carrots & Celery

Make The Meal Your Own

If you're cooking with a picky eater, bake their chicken without the cream sauce and serve it on the side, instead.

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 – 695 Calories, 25g Fat, 35g Protein 40g Carbs, 17 WW+ Points

Lightened up snapshot – 480 Calories, 15g Fat and 13 WW+ Points with no breadcrumbs and half the cheese.

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

INGREDIENTS: Free-Range Chicken, Wild Rice, Gruyere Cheese, Half & Half, Sundried Tomatoes, Panko Breadcrumbs, White Wine, Carrot, Celery, Onion, Dijon Mustard, Honey, Spices

meez *meals*

1. Getting Organized

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

2. Cook the Rice

Add the **Wild Rice** to the boiling water. Cook, boiling, for 5 minutes. Stir in **Carrots & Celery** and continue cooking at a rolling boiling until the rice is tender, about 20 minutes. Drain.

3. Prep and Cook the Chicken

While the rice 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 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 4 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.

4. Bake the Chicken

Lay the **Sundried Tomatoes** evenly on top of the chicken breasts. Top with **Breadcrumbs & Cheese**, pressing down to cover the tomatoes and the entire chicken breast.

Pour the **Dijon Cream Sauce** into the bottom of the pan with 2 Tbsp water. Place the skillet into the oven and bake until the breadcrumbs are golden brown and the sauce has thickened, about 10 to 15 minutes.

Serve the wild rice with the baked chicken. Spoon any extra cream sauce over the top to serve. *Love this recipe? #meezmagic*

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

Southwestern Salmon with Fresh Corn Salsa

Get ready for a flavor sensation! Wild-caught salmon seasoned with zesty Southwestern spices, then topped with a fresh corn and tomato salsa. We're serving it up over cauliflower "rice", for a speedy low carb meal.

20 Minutes to the Table

20 Minutes Hands On

1 Whisk Super Easy

Getting Organized

EQUIPMENT

Shallow Pie Pan or Plate
Large Skillet

FROM YOUR PANTRY

2 Tbsp Flour
Olive Oil
Salt & Pepper

4 MEEZ CONTAINERS

Cauliflower
Southwest Seasoning
Salmon
Corn & Tomato Salsa

Make The Meal Your Own

We love using cauliflower as the "rice" in this dish, but if you want to bulk it up, toss the cauliflower with your favorite grain (we like quinoa) and serve it with the salmon and salsa on top.

Salmon has a reputation for being tricky to cook. Chef Max says the key to perfect salmon is making sure you don't overcook it. Cook over high heat for a few minutes on each side and then let it rest. The salmon continues cooking as it rests, so let it sit 5 minutes, covered, off the heat before you cut into it and check for doneness.

Not a fan of spice? Use just half of the southwest seasoning to coat the salmon.

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

Good To Know

Health snapshot per serving – 500 Calories, 25g Fat, 45g Protein, 25g Carbs, 13 WW+ Points

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

INGREDIENTS: Wild-Caught Salmon, Cauliflower, Corn, Grape Tomatoes, Olive Oil, Cilantro, Lime Juice, Apple Cider Vinegar, Spices

meez *meals*

1. Cook the Cauliflower

Heat 1 Tbsp oil in a large skillet over medium-high heat. Add the **Cauliflower** and cook until well browned, 7 to 10 minutes. Remove to a bowl or serving dish and return the skillet to the stove.

2. Season and Cook the Salmon

Combine the **Southwest Seasoning** with 2 Tbsp of flour on a plate or in a shallow pie pan. Pat the **Salmon** fillets dry with a paper towel and then coat each one with the seasoning mixture, making sure each fillet is completely covered.

Heat 2 Tbsp of oil in your now-empty skillet over high heat. When the oil is hot, add the salmon and cook 4 minutes. Flip, and cook 3 more minutes on the other side. Turn off the heat, cover and let sit for 5 minutes.

3. Put It All Together

Serve the cauliflower topped with salmon and **Corn & Tomato Salsa**. Enjoy!

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

Place the salmon in the pan gently to avoid any oil splashing.

Love this recipe? #meezmagic

Mediterranean Grilled Cheese

10 *Minutes to the Table*

5 *Minutes Hands On*

1 Whisk *Super Easy*

Getting Organized

EQUIPMENT

Non-Stick Skillet

FROM YOUR PANTRY

2 Tbsp Butter or
Vegetable Oil

3 MEEZ CONTAINERS

Sourdough Bread
Mozzarella &
Tomatoes
Artichoke Pesto

Good to Know

Health Snapshot per serving (serves 1)

560 Calories, 20g Fat, 60g Carbs, 40g Protein
15 WW+ Points

Lightened up snapshot (1 slice of bread)

432 Calories, 15g Fat, 30g Carbs, 9 WW+ Points

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

INGREDIENTS: Sourdough Bread, Mozzarella, Artichoke Hearts, Parmesan, Olive Oil, Sundried Tomato, Lemon Juice, Parsley, Spices

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1. Getting Organized

Heat 1 Tbsp of butter or oil in a non-stick skillet over medium heat.

2. Make the Sandwich

Spread the **Artichoke Pesto** on both slices of **Sourdough Bread**.

Place one piece of bread in the pan (pesto-side up) and top with the **Mozzarella & Tomatoes**, keeping them toward the middle of the bread.

Top with the second slice of bread (pesto-side down) and press down gently.

Allow the bread to cook until brown, about 1 to 2 minutes, and then hold the top of the bread and flip. (We do this so nothing falls out of the sandwich). Cook an additional 3 to 4 minutes until the second side is brown. Turn off the heat, cover and let sit for 1 minute. Remove to a plate and serve. Enjoy!

Love this recipe? #meezmagic

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

Pesto Quesadilla

25 *Minutes to the Table*

10 *Minutes Hands On*

1 Whisk *Super Easy*

Getting Organized

EQUIPMENT

Baking Sheet

FROM YOUR PANTRY

Vegetable Oil

4 MEEZ CONTAINERS

Mushrooms

Tortillas

Basil Pesto

Mozzarella

Good to Know

We make our quesadillas in the oven because we love hands-free cooking. If you prefer to cook on the stovetop, that will work great too.

Health Snapshot per serving (serves 1)

630 Calories, 30g Fat, 60g Carbs, 30g Protein

16 WW+ Points

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

INGREDIENTS: Flour Tortillas, Button Mushrooms, Mozzarella, Basil, Olive Oil, Parmesan, Lemon Juice, Garlic

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1. Get Organized

Preheat your oven to 400.

2. Cook the Mushrooms

Toss the **Mushrooms** with 1 Tbsp of oil and spread on a baking sheet. Cook for 7 to 10 minutes until lightly browned. Remove to a bowl or plate and drain any excess liquid from the pan.

3. Build the Quesadilla

When the mushrooms are done, 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 Pesto** on the tortilla and then top with half of the **Mozzarella** and all of the mushrooms. Sprinkle the remaining mozzarella on top. 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!

Parmesan Skillet Corn

15 Minutes to the Table

5 Minutes Hands On

1 Whisk Super Easy

Getting Organized

EQUIPMENT

Non-Stick Skillet
Fine Mesh
Strainer

FROM YOUR PANTRY

Salt & Pepper

2 MEEZ CONTAINERS

Corn
Parmesan &
Chives

Good to Know

We're cooking the Parmesan until it's a deep brown, which may feel like you're burning it. That's on purpose! This brings out a smoky, deep flavor that makes this dish sing.

Omnivore's Option – Bacon bits are the perfect addition. Crumble them on top of the creamed corn before serving.

Health Snapshot per serving (serves 2)

339 Calories, 44g Carbs, 12g Protein, 10 WW+ Points

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

INGREDIENTS: Corn, Heavy Cream, Parmesan, Green Onion, Basil, Sugar, Spices

meezmeals

1. Prep the Corn

Rinse the **Corn** and drain well in a fine mesh strainer.

2. Cook the Corn

Combine the corn and **Parmesan & Chives** in a non-stick skillet over medium heat. Cook, without stirring, until the Parmesan is deep brown on the bottom of the pan and most of the cream has been absorbed, about 7 to 10 minutes. Add 2 Tbsp water, stirring with a rubber spatula or wooden spoon to combine. Season with salt and pepper to taste.

Love this recipe? #meezmagic

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

Quick Tips

Thai Sweet Potato & Kale Bowl

40 Min to Table	20 Min Hands On	1 Whisk Easy
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Getting Started Preheat your oven to 450 & put a saucepan on to boil.

Omnivore Option We like this dish as is.

Southwestern Salmon with Fresh Corn Salsa

20 Min to Table	20 Min Hands On	1 Whisk Easy
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Getting Started No pre-work needed.

Meal Tip Add your favorite grain to bulk the meal up.

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

Chicken Pizzolo

25 Min to Table	10 Min Hands On	1 Whisk Super Easy
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Getting Started Preheat your oven to 450.

Make Ahead Tip: This would go great as a salad.

Vegetable Pot Pie

45 Min to Table	20 Min Hands On	1 Whisk Easy
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Getting Started Preheat your oven to 400.

Omnivore Option Roasted chicken is a traditional addition.

From Your Pantry You'll need $\frac{3}{4}$ tbsp of flour per serving.

Lemon Chai Seared Vegetables

25 Min to Table	25 Min Hands On	1 Whisk Super Easy
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Getting Started Preheat your oven to 400.

Omnivore Option Chopped pork loin would be great with this meal.

Chicken Gruyere

30 Min to Table	15 Min Hands On	2 Whisks Easy
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Getting Started Set your oven to 400 and put a saucepan on to boil.

Picky eater: Bake the chicken without the cream sauce and serve it on the side.

Chile Relleno Burrito

30 Min to Table	15 Min Hands On	2 Whisks Easy
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Getting Started Preheat your broiler.

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

Mediterranean Grilled Cheese

10 Min to Table	5 Min Hands On	1 Whisk Super Easy
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Getting Started Heat 1 tbsp of butter into a medium skillet.

From your Pantry You'll need some butter or vegetable oil.

Pesto Quesadilla

25 Min to Table	10 Min Hands On	1 Whisk Super Easy
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Getting Started Preheat your oven to 400.

Parmesan Skillet Corn

15 Min to Table	5 Min Hands On	1 Whisk Super Easy
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Getting Started Rise corn and strain well.

Omnivore Option: Bacon Bits would make a great addition.

Health Snapshot

Thai rice bowl	Chicken Pizzolo	Lemon-Chai Vegetables	Southwestern Salmon	Vegetable Pot Pie
600 Calories	420 Calories	442 Calories	500 Calories	680 Calories
30 g Protein	50 g Protein	14 g Protein	40 g Protein	15 g Protein
15 g Fat	20 g Fat	20 g Fat	30 g Fat	30 g Fat
70 g Carbs.	10 g Carbs.	57 g Carbs.	25 g Carbs.	85 g Carbs
10 g Fiber	5 g Fiber	15 g Fiber	5 g Fiber	10 g Fiber
160 mg Sodium	335 mg Sodium	693 mg Sodium	745 mg Sodium	825 mg Sodium
16 WW+ Points	10 WW+ Points	12 WW+ Points	13 WW+ Points	18 WW+ Points
270% Vitamin A	115% Vitamin C	237% Vitamin A	100% Vitamin C	460% Vitamin A
25% Vitamin C	30% Vitamin A	304% Vitamin C	90% Vitamin B6	60% Vitamin C
20% Iron	30% Vitamin B-6	37% Calcium	90% Vitamin B12	25% Vitamin B6

Lighten Up Option

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

Rice Bowl	Pizzolo	Vegetables	Salmon	Pot Pie
½ tofu	No Changes	No changes	No changes	Replace pie crust with panko
480 Calories	420 Calories	442 Calories	500 Calories	400 Calories
15 g Fat	20 g Fat	20 g Fat	30 g Fat	10 g Fat
11 WW+ Points	10 WW+ Points	12 WW+ Points	13 WW+ Points	10 WW+ Points

Health Snapshot

Chicken Gruyere

695 Calories
35 g Protein
25 g Fat
40 g Carbs
10 g Fiber
550 mg Sodium

17 WW+ Points

120% Vitamin C
90% Vitamin A
30% Vitamin b6

Relleno Burrito

650 Calories
30 g Protein
30 g Fat
60 g Carbs.
10 g Fiber
470 mg Sod.

17 WW+ Points

70% Folate
50% Calcium
20% Vitamin C

Mediterranean Grilled Cheese

560 Calories
40 g Protein
20 g Fat
60 g Carbs.
15 g Fiber
550 mg Sod.

15 WW+ Points

60% Calcium
25% Vitamin C
20% Folate

Pesto Quesadilla

630 Calories
30 g Protein
30 g Fat
60 g Carbs.
5 g Fiber
930 mg Sod.

16 WW+ Points

60% Calcium
30% Folate
15% Vitamin A

Parmesan Skillet Corn

339 Calories
12 g Protein
15 g Fat
44 g Carbs.
5 g Fiber
308 mg Sodium

10 WW+ Points

23% Vitamin A
25% Vitamin C
25% Calcium

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Gruyere

No Breadcrumbs, 1/2 cheese.

480 Calories
15 g Fat
13 WW+ Points

Burrito

No tortillas

390 Calories
15 g Fat
14 WW+ Points

Sandwich

1 slice of bread

432 Calories
15 g Fat
9 WW+ Points

Quesadilla

No changes

630 Calories
30 g Fat
16 WW+ Points

Corn

No changes

339 Calories
15 g Fat
10 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.