

## Country Stack

The idea for this dinner came from some roasted root veggie fries Chef Max prepared in the test kitchen. As we were nibbling the roasted parsnips and beets straight from the sheet pan, we started brainstorming ways to turn them into a main course meal. When we hit on serving them over sautéed spinach with sunny-side up eggs and a delectable aioli, we knew we had a winner.

**30** Minutes to the Table

**15** Minutes Hands On

**2 Whisks** *Easy*

### Getting Organized

#### EQUIPMENT

- 2 Rimmed Baking Sheets
- Large Skillet

#### FROM YOUR PANTRY

- Olive Oil
- Vegetable Oil
- Salt & Pepper
- 2 Eggs

#### 4 MEEZ CONTAINERS

- Beets & Parsnips
- Cornbread
- Spinach
- Aioli

### Make The Meal Your Own

**If you'd like to speed up dinner**, roast the beets and parsnips ahead of time. Dinner will be on the table in 15 minutes.

**Kids and picky eaters** might prefer their aioli on the side.

**Omnivore's Option** – Irish or center cut bacon would add a traditional note. Serve it under the fried egg.

### Good To Know

**Health snapshot per serving** – 570 Calories, 10 Protein, 10g Fiber, 15 WW+ Points

**Lightened up snapshot** – 485 Calories, 15 g Fat and 10 WW+ Points if you use just half of the aioli.

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

INGREDIENTS: Spinach, Parsnips, Cornbread, Beets, Mayonnaise, Red Wine Vinegar, Honey, Garlic, Herbs, Spices, Mustard

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## 1. Getting Organized

Preheat your oven to 400.

## 2. Roast the Beets & Parsnips

Put the **Beets & Parsnips** on to a rimmed baking sheet. Drizzle generously with oil (about 2 Tbsp), plus salt and pepper. Toss, then arrange in a single layer and roast until golden in places, about 15 to 20 minutes. Stir once about halfway through.

## 3. Toast the Cornbread

While the veggies are cooking, crumble the **Cornbread** and bake it on a rimmed baking sheet until golden and crispy, 7 to 10 minutes.

## 4. Sauté the Spinach

While the veggies are cooking, heat ½ Tbsp oil a large skillet over high heat. Add the **Spinach** and cook until it wilts, about 2 to 3 minutes. Remove from heat and stir in 1 Tbsp of the **Aioli**. Plate the spinach on top of the cornbread, then top with the roasted beets and parsnips.

## 5. Fry Your Eggs

Wipe out the spinach pan and return to high heat. Cover the bottom with vegetable oil (about ¼ cup) and heat until it's fragrant.

Crack your eggs into the oil and cook for 90 seconds, then flip carefully and cook for 45 more seconds, then plate immediately on top of the cornbread and vegetables. Finish with a generous dollop of the aioli over everything. Enjoy!

*Don't skimp on the oil.  
Use enough so the  
vegetables become shiny.  
That will help them crisp.*

*Crumble the cornbread into  
dime size pieces.*

*You can also serve the  
eggs poached. (Don't know  
how to poach an egg? Give  
us a call!)*

*These times are for a  
runny yolk. You can cook  
it longer for a firmer egg.*

*Love this recipe? #meezmagic*

Instructions for two servings.

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

# Southern Sweet Corn and Cheddar Strata

Stratas are one of our favorites hands-free dinners – just layer your ingredients and the oven does all the work for you. We're making this Southern-style strata with local sourdough, corn, scallions and a cheddar and Parmesan cheese mix. The best part? The leftovers are perfect for brunch the next day. (Don't be scared off by the long cook time on this one. It's just 5 minutes of hands-on cooking and can be made in advance.)

**65** Minutes to the Table

**5** Minutes Hands On

**1 Whisk** Super Easy

## Getting Organized

### EQUIPMENT

Loaf Pan or 10x10  
Casserole Dish  
Mixing Bowl

### FROM YOUR PANTRY

Salt & Pepper  
Butter or  
Cooking Spray  
1 ½ cups Milk or  
Half & Half

### 4 MEEZ CONTAINERS

Sourdough Bread  
Corn & Scallions  
Cheddar & Parmesan  
Egg Mix

## Make The Meal Your Own

**This is a great make-ahead dinner.** Prepare the strata ahead of time, and reheat it for 10 minutes at 350 when you are ready to eat.

**Dedicated omnivores** can add cooked, crumbled bacon along with the corn.

**Looking for a brunch idea?** This is a delicious breakfast as well. Add some sausage to give it a breakfast feeling.

**Want to boost the veggies in this dish?** Cherry tomatoes, sliced zucchini and diced sweet potatoes are all delicious additions.

## Good To Know

**A note on pan size** – To keep the strata moist, Chef Max likes to make his in a narrow, deep pan, like a loaf pan. You can also build your strata in a shallower 10x10 casserole dish, but start checking it a bit earlier, as it may cook faster.

**Health snapshot per serving** – 741 Calories, 38g Protein, 6g Fiber, 24 WW+ Points

**Lightened up snapshot** – 495 Calories, 20g Fat and 16 WW+ points using ½ the bread and no cheese.

INGREDIENTS: Corn, Eggs, Sourdough Bread, White Cheddar Cheese, Green Onion, Parmesan Cheese, Mayonnaise

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### 1. Getting Organized

Preheat your oven to 350 degrees and grease your pan using butter or cooking spray.

### 2. Assemble the Strata

Put 1/3 of the **Sourdough Bread** on the bottom of the pan. Layer 1/3 of the **Corn & Scallions** on top of the bread and then layer with 1/3 of the **Cheddar & Parmesan**. Repeat these layers two more times – bread, corn, cheese – until you've used up your ingredients.

Open the **Egg Mix** and pour into a mixing bowl. Add 1 ½ cups milk or half & half. Season with two pinches of Kosher salt and up to ½ tsp of black pepper. Pour the egg mixture into the pan as evenly as possible.

### 3. Bake the Strata

Bake the strata until the eggs are set and it's brown on top, about 55 to 60 Minutes. Slice and serve. Enjoy!

*You can adjust the black pepper amount based on your preferences. Chef Max likes the full ½ tsp, but if you're not a black pepper fan, go with just a pinch or two.*

*Love this recipe? #meezmagic*

Instructions for two servings.

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# 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

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### 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*

# 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.

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

### 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.

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

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

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

Instructions for two servings.

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



# 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.

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

# 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

**Lightened up snapshot**- 490 calories, 14g fat, 14 WW+ Points w/half the cream sauce and breadcrumbs

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

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.

Instructions for two servings.

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

# Blackened Baja Salmon & Avocado Tacos

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.

**30** Minutes to the Table

**20** Minutes Hands On

**1 Whisk** Super Easy

## Getting Organized

### EQUIPMENT

Mixing Bowl  
Shallow Pie Pan or Plate  
Medium Skillet  
Small Skillet (optional)

### FROM YOUR PANTRY

1 Tbsp Flour  
Olive Oil  
Salt & Pepper

### 6 MEEZ CONTAINERS

Cabbage & Carrots  
Coleslaw Dressing  
Cajun Seasoning  
Salmon  
Avocado  
Tortillas

## Make The Meal Your Own

**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 per side and then let it rest. The salmon continues cooking as it rests, so let it sit 5 minutes off the heat before you cut into it and check for doneness.

**Eating with someone who doesn't love spice?** Serve their fish without the Cajun seasoning.

**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** – 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: Wild-Caught Salmon, Corn Tortillas, Carrots, Avocado, Green Cabbage, Red Cabbage, Mayonnaise, Brown Sugar, Cajun Seasoning, White Wine Vinegar, Pineapple, Lemon Juice, Herbs and Spices

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### 1. Make the Coleslaw

In a mixing bowl, toss the **Cabbage & Carrots** with the **Coleslaw Dressing**. Season with salt and pepper to taste. Place in the refrigerator to chill until ready to eat.

### 2. Season and Cook the Salmon

Combine **Cajun Seasoning** with 1 Tbsp of flour on a plate or in a shallow pie pan. Coat the **Salmon** on all sides with the seasoning and then let sit in the flour for 2 minutes. Give the salmon a second coat in the seasoning.

Heat 2 Tbsp of oil in a medium 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 and let sit for 5 minutes.

### 3. Slice the Avocado

While the salmon is resting, slice the **Avocado** into even pieces (we usually get about 5 slices per half).

### 4. Heat the Tortillas and Serve

Heat your **Tortillas** in a small dry skillet on the stove or directly over a gas burner until soft, about 30 seconds per side.

Use a fork to flake the salmon into pieces. Serve in the warm tortillas topped with the coleslaw and avocado. Enjoy!

*Love this recipe? #meezmagic*

*The fish absorbs the seasoning as it sits, which adds tons of flavor.*

*The seasoning gets very dark as it cooks, so don't worry if it starts to blacken. It's supposed to be that way.*

*Use tongs or a slotted spoon to serve the coleslaw, leaving extra dressing behind. That way, your tacos won't get soggy.*

Instructions for two servings.

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

# Butternut and Pesto 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

### 4 MEEZ CONTAINERS

Butternut Squash

Panini Bread

Basil Pesto

Mozzarella

## Good to Know

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

685 Calories, 35g Fat, 55g Carbs, 40g Protein

18 WW+ Points

**Lightened up snapshot (1 slice of bread, ½ cheese)** 455 Calories, 25g Fat, 35g Carbs, 25g Protein 12 WW+ Points

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

INGREDIENTS: Panini Bread, Butternut Squash, Mozzarella, Basil, Olive Oil, Parmesan, Lemon Juice, Garlic

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### 1. **Getting Organized**

Preheat your oven to 400.

### 2. **Roast the Squash and Toast the Bread**

Toss the **Butternut Squash** with 1 Tbsp of oil and spread in a single layer on a baking sheet. Roast until soft, 7 to 10 minutes.

### 3. **Make the Sandwich**

Spread the **Basil Pesto** on both slices of bread and then top one slice with **Mozzarella** and roasted squash. Close the sandwich and place the on baking sheet and gently press down to close.

Bake until the cheese is melted, 8 to 10 minutes. Enjoy!

*Love this recipe? #meezmagic*

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# Italian 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

Cauliflower

Tortillas

Chickpea Spread

Chihuahua

Cheese

## Good to Know

**We love the way this recipe sneaks cauliflower** into a snack, but you can skip it and enjoy the quesadilla with just the chickpea spread, instead.

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

770 Calories, 40g Fat, 75g Carbs, 10g Fiber

16 WW+ Points

### **Lightened up snapshot (1 tortilla folded in half)**

480 Calories, 20g Fat, 65g Carbs, 20g Protein,

10 WW+ Points

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

INGREDIENTS: Flour Tortillas, Cauliflower, Chihuahua Cheese, Chickpeas, Tomato, White Wine, Garlic, Herbs and Spices

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## 1. Getting Organized

Preheat your oven to 400.

## 2. Roast the Cauliflower

Toss the **Cauliflower** with 1 Tbsp of oil and place in the center of a baking sheet (to prevent it from burning). Bake until just starting to brown, about 7 to 10 minutes. Move the cauliflower 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 of 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 **Chickpea Spread** on the tortilla and then top with half of the **Chihuahua Cheese** and all of the cauliflower. Sprinkle the remaining cheese on top of the cauliflower. 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, 6 to 8 minutes. Flip the quesadilla, and cook an additional 3 to 4 minutes. Cut into wedges and serve. Enjoy!

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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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## Quick Tips

### *Southern Sweet Corn, Scallion and Cheddar Strata*

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<b>65 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 350 and grease your pan.

**Omnivore Option** Cooked, crumbled bacon or sausage is perfect with this.

**From Your Pantry** You'll need half&half/milk & butter/cooking spray.

### *Blackened Baja Salmon and Avocado Tacos*

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<b>30 Min</b> to Table	<b>20 Min</b> Hands On	<b>1 Whisk</b> Easy
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**When you get your meals** Check your avocado. If it is hard, store it on the counter to ripen.

**Picky Eater Tip** Serve their fish without Cajun seasoning.

**From Your Pantry** You'll need flour, olive oil, salt and pepper.

### *Chicken Pot Pie*

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<b>50 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.

### *Lemon-Chai Brussels Sprouts Over Pearl Couscous*

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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** Preheat your oven to 400 and boil some water.

**Omnivore Option** Halibut tastes great with this recipe.

### *Spigy 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.

### *Fontina Baked Chicken*

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<b>30 Min</b> to Table	<b>15 Min</b> Hands On	<b>2 Whisk</b> Easy
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**Getting Started** Preheat oven to 400.

**Leftovers tip** Serve the leftovers over pasta.

### *Country Stack*

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<b>30 Min</b> to Table	<b>15 Min</b> Hands On	<b>2 Whisks</b> Super Easy
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**Getting Started** Set your oven to 400.

**Omnivore Option** Irish or center cut bacon is a good fit.

**From Your Pantry** You'll need an egg per serving.

### *Italian 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.

**Meal Tip** Skip the cauliflower if you'd like.

### *Butternut & Pesto Grilled Cheese*

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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.

**Meal Tip** Want a lighter version? Use ½ the bread and make an open-faced sandwich.

### *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

### Cheddar Strata

741 Calories  
25 g Protein  
16 g Saturated Fat  
5 g Sugars  
10 g Fiber  
1233 mg Sodium

24 WW+ Points

35% Vitamin A  
64% Calcium  
19% Vitamin B-6

### 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

### 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

### Baja Salmon Tacos

595 Calories  
30 g Protein  
30 g Fat  
50 g Carbs.  
10 g Fiber  
1,810 mg Sod.

16 WW+ Points

100% Vitamin A  
75% Vit. B-6  
60% Vit. B-12

### 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

### Lighten Up Option

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

#### Strata

*½ bread, no cheese*

495 Calories  
20 g Fat  
16 WW+ Points

#### Pot Pie

No pie crust, panko  
breadcrumbs

430 Calories  
15 g Fat  
11 WW+ Points

#### Udon

*No changes*

400 Calories  
10 g Fat  
13 WW+ Points

#### Tacos

*½ avocado &  
coleslaw dressing*

465 Calories  
20 g Fat  
12 WW+ Points

#### Brussels

*½ couscous, no  
cheese*

500 Calories  
45 g Fat  
17 WW+ Points

## Health Snapshot

### 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

### Country Stack

570 Calories  
10 g Protein  
20 g Fat  
85 g Carbs.  
10 g Fiber  
1,060 mg Sod.

15 WW+ Points

220% Vitamin A  
80% Vitamin C  
40% Calcium

### Pesto Grilled Cheese

685 Calories  
40 g Protein  
35 g Fat  
55 g Carbs.  
20 g Fiber  
1,530 mg Sod.

18 WW+ Points

190% Vitamin A  
80% Calcium  
40% Vitamin C

### Italian Quesadilla

770 Calories  
35 g Protein  
40 g Fat  
75 g Carbs.  
10 g Fiber  
1, 715 mg Sod.

16 WW+ Points

120% Vitamin C  
75% Calcium  
35% Vitamin B6

### 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

### Lighten Up Option

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

#### Chicken

½ cream sauce and  
bread crumbs

490 Calories  
15 g Fat  
14 WW+ Points

#### Stack

½ Aioli

485 Calories  
15 g Fat  
10 WW+ Points

#### Grilled Cheese

½ baguette, ½ cheese

455 Calories  
25 g Fat  
12 WW+ Points

#### Quesadilla

1 tortilla

480 Calories  
20 g Fat  
10 WW+ Points

#### Salad

No changes

570 Calories  
20 g Fat  
12 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.