

Kentucky BBQ Tacos with Fresh Cabbage Slaw

The name says it all in this one. We're baking tofu 'til crisp, with a delicious barbecue sauce so it's "finger lickin' good". Then we're serving it up in a warm corn tortilla, topped with a fresh cabbage slaw. It's the flavors of a down-home barbecue, cooked up Meez-style. Yum!

35 Minutes to the Table

5 Minutes Hands On

1 Whisk *Super Easy*

Getting Organized

EQUIPMENT

Casserole Dish
Large Mixing Bowl

FROM YOUR PANTRY

Olive Oil
Salt & Pepper

5 MEEZ CONTAINERS

Organic Tofu
BBQ Sauce
Carrots & Cabbage
Creamy Vinaigrette
Corn Tortillas

Make The Meal Your Own

Picky eaters tip – Try tossing a portion of the slaw in ranch or Thousand Island dressing.

Make ahead tip – Make the slaw and bake the tofu for 20 minutes in advance. When ready to eat, add 1 Tbsp water to the tofu and mix well. Put in an oven-safe skillet and reheat in toaster or conventional oven for 5 to 7 minutes.

Have leftover slaw? Mix it with quinoa or farro to make a tasty grain salad.

Good To Know

If you're making the vegan version, we've left the mayonnaise out of your creamy vinaigrette. If you'd like a creamy slaw, a dollop of soy yogurt would mix well.

Health snapshot per serving – 830 Calories, 20g Protein, 10g Fiber, 22 WW+ Points.

Lightened up snapshot – 500 Calories, 20g Fat and 14 WW+ Points with 4 tortillas, ½ the creamy vinaigrette and BBQ sauce.

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

INGREDIENTS: Organic Tofu, Corn Tortillas, Barbecue Sauce, Cabbage, Carrots, Mayonnaise, White Wine Vinegar, Lemon, Brown Sugar, Garlic, Spices

meezmeals

1. Getting Organized

Preheat your oven to 400.

2. Bake the Tofu

Slather the **Organic Tofu** with $\frac{3}{4}$ of the **BBQ Sauce** and arrange in a casserole dish. It's fine if the edges of the tofu overlap a little. Bake until the sauce is lightly burnt at the edges, about 25 to 30 minutes. Make sure to flip the tofu once halfway through cooking and again 5 minutes before it is finished cooking. The tofu should have some chewiness to it at this point. Set aside.

If there's any liquid in the tofu bag, drain it before cooking.

We used a 12x12 casserole dish for 2 servings, but the actual size is flexible.

3. Toss the Slaw

As soon as the tofu is in the oven, put the **Carrots & Cabbage** into a large mixing bowl and add the **Creamy Vinaigrette**. Toss well, and then put into the refrigerator to chill.

4. Put It All Together

Heat your **Corn Tortillas** until they are soft and pliable. We like to do this directly over the open flame on a gas stove for a few seconds on each side, but you can also use a dry skillet. Serve the tortillas filled with the tofu and slaw on top. Enjoy!

You can also heat the tortillas in the oven. Put them on a baking sheet or heat directly on the rack for 2 to 5 minutes.

Love this recipe? #meezmagic

Instructions for two servings.

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

Herb-Roasted Chicken with Fingerling Potatoes

We're putting a fresh spin on classic roast chicken this week. With fingerling potatoes, cremini mushrooms, fresh herb rub and hands-free white wine sauce, it's a sophisticated one-pan dinner we just love. (Did we mention it's just 10 minutes hands on?)

65 Minutes to the Table

10 Minutes Hands On

1 Whisk Super Easy

Getting Organized

EQUIPMENT

Deep Casserole Dish or
Roasting Pan

FROM YOUR PANTRY

1 Tbsp Flour
Olive Oil
Salt & Pepper

6 MEEZ CONTAINERS

Chicken Thighs
Fingerling Potatoes
Mushrooms
Red Onion
Herbs & Garlic
White Wine Sauce

Make The Meal Your Own

Everything is better with bacon. Chef Max likes to dice slab bacon and add it to the roasting pan with the onions and mushrooms. The extra fat makes for decadent, flavorful vegetables.

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

Health snapshot per serving – 388 Calories, 14g Fats, 26g Protein 28g Carbs, 9 Smart Pts

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

INGREDIENTS: Cage-Free Chicken Thighs, Fingerling Potatoes, Cremini Mushrooms, White Wine, Red Onion, Capers, Heavy Cream, Garlic, Miso, Herbs and Spices

meez meals

1. Getting Organized

Preheat your oven to 425 degrees.

2. Prep the Chicken and Potatoes

Rinse the **Chicken Thighs** under cold water and pat dry with a towel. If the chicken skin has bunched in places, pull it evenly over the chicken thighs so that it lays flat.

This step ensures that the chicken skin gets nice and crispy.

Cut the **Fingerling Potatoes** in half lengthwise.

3. Roast the Chicken

In a roasting pan or deep casserole dish, toss the chicken thighs, potatoes, **Mushrooms**, **Red Onion** and **Herbs & Garlic** with 2 Tbsp olive oil, ½ tsp salt and ¼ tsp pepper. Arrange the vegetables on the bottom of the pan and set the chicken thighs on top. Roast until the chicken skin is beginning to brown and crisp, about 40 to 45 minutes.

4. Finish the Sauce

Remove from the oven and sprinkle 1 Tbsp flour over everything. Return to the oven for 5 minutes. Remove again, toss well and add the **White Wine Sauce** to the pan. Stir well to incorporate.

When you stir the sauce, mix in any dry pockets of flour.

Return the pan to the oven and cook until the chicken is brown and crispy and the sauce is thick and bubbling, about 8 to 10 minutes.

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, 20 Smart Points

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

Seared Tilapia with Pineapple Salsa

Inspired by the flavors of the West Indies, this weeknight treat is family favorite. Seared tilapia topped with a fresh pineapple and cilantro salsa, then served over Jamaican-spiced coconut rice. It's a tropical recipe we just love.

20 Minutes to the Table

15 Minutes Hands On

1 Whisk Super Easy

Getting Organized

EQUIPMENT

Saucepan
Shallow Pie Pan or Plate
Large Skillet

FROM YOUR PANTRY

½ Cup Flour
Olive Oil
Salt & Pepper

4 MEEZ CONTAINERS

Rice
Seasoned Coconut Milk
Tilapia
Pineapple Salsa

Make The Meal Your Own

Want to add something extra? Roasted, chopped nuts add a great crunch to this recipe. Chef Max recommends peanuts or cashews, but you can use whatever you have on hand. Just sprinkle them over the fish and pineapple salsa before serving.

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

Good To Know

Health snapshot per serving – 580 Calories, 10g Fat, 30g Protein, 50g Carbs, 14 WW+ Points

Lightened up snapshot – 495 Calories, 10g Fat, and 12 WW+ Points with ½ the white rice.

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

INGREDIENTS: Tilapia, Rice, Coconut Milk, Pineapple, Red Bell Pepper, Yellow Bell Pepper, Celery, Cilantro, Green Onion, Garlic, Spices

meez meals

1. Getting Organized

Put a saucepan of water on to boil.

2. Cook the Rice

Add the **Rice** to the boiling water. Reduce heat to medium and simmer uncovered for 15 minutes. Drain and return to the saucepan. Stir in **Seasoned Coconut Milk** and cook over low heat, stirring gently, until creamy, about 3 minutes.

Drain the rice when it still has a little bite to it.

3. Dredge and Cook the Tilapia

Pour ½ cup flour into a shallow pie pan or on to a plate and add a generous pinch of salt and pepper. Pat the **Tilapia** dry with a paper towel and then coat with the flour, making sure each fillet is covered with a thin layer. Repeat this process with remaining tilapia.

Heat 2 Tbsp of oil in the skillet on high heat. Add the tilapia and cook 4 minutes. Flip and cook an additional 2 minutes. Add 2 Tbsp water to the pan, turn off the heat and let rest for 3 minutes.

If you're working in batches, use 1 Tbsp of oil per fillet.

4. Put It All Together

Serve rice topped with tilapia and **Pineapple Salsa**.

*Love this recipe? *meezmagic*

Instructions for two servings.

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

Spicy Argentinean Black Beans & Rice Bowl

We're updating the classic black beans and rice with a zippy exotic touch: chimichurri! This spicy Argentinean parsley sauce is served with sweet potatoes, queso fresco and black beans over brown rice. It's a simple, hands-free dinner we just love. Yum!

40 Minutes to the Table

20 Minutes Hands On

1 Whisk Super Easy

Getting Organized

EQUIPMENT

Rimmed Baking Sheet
2 Saucepans
Mixing Bowl

FROM YOUR PANTRY

Olive Oil
Salt & Pepper

4 MEEZ CONTAINERS

Brown Rice
Sweet Potatoes
Chimichurri Salsa
Black Beans & Onions

Make The Meal Your Own

Want to get dinner on the table in a flash? Cook the rice and sweet potatoes ahead of time. Dinner will be on the table in 15 minutes.

Kids and picky eaters love this recipe. If yours aren't a fan of chimichurri, serve theirs with avocado, tomatoes or their favorite salsa.

Omnivore's Option – Steak is a traditional partner for chimichurri and is right at home in this bowl.

Good To Know

If you're making the vegan version, we've left the queso fresco out of your chimichurri salsa. If you like your salsa creamier, add 2 Tbsp of your favorite vegan mayo.

Health snapshot per serving – 450 Calories, 20 g Protein, 25 g Fiber, 13 WW+ Points

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

INGREDIENTS: Sweet Potatoes, Black Beans, Brown Rice, Onion, Queso Fresco, Red Wine Vinegar, Lime, Parsley, Olive Oil, Garlic, Spices

meezmeals

1. Getting Organized

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

2. Cook the Rice

Rinse the rice under cold water using a strainer. Add the **Brown Rice** to the saucepan of boiling water and simmer uncovered over medium heat for 30 minutes. Drain, and then return to the saucepan. Cover and let sit 5 minutes.

We cook our brown rice like pasta. If the water is boiling, you're good to go.

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. Make the Chimichurri Salsa

While the sweet potatoes are cooking, mix the **Chimichurri Salsa** in a bowl with 2 to 3 Tbsp of olive oil. Season with salt to taste and set aside.

5. Cook the Black Beans

Heat 1 Tbsp olive oil in a saucepan over medium-high heat. Add the **Black Beans & Onions** and cook for 2 to 3 minutes. Add ¼ cup water and turn the heat down to a simmer. Cook for 10 to 15 minutes, mashing the beans with a fork.

Serve the rice topped with the beans, sweet potatoes and chimichurri salsa. Enjoy!

Love this recipe? #meezmagic

Instructions for two servings.

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

Cheesy Chicken and Basil Calzone

This week we're cooking up a calzone stuffed with cage-free chicken, plenty of mozzarella and Parmesan and a delectable basil cream sauce. With cremini mushrooms and sundried tomatoes, it's a dinner just right for a cold winter night.

40 Minutes to the Table

20 Minutes Hands On

2 Whisks *Easy*

Getting Organized

EQUIPMENT

Large Skillet
Baking Sheet

FROM YOUR PANTRY

Olive Oil
Salt & Pepper

5 MEEZ CONTAINERS

Chicken Breast
Mushrooms & Sundried
Tomatoes
Pizza Dough
Mozzarella & Parmesan
Pesto

Make The Meal Your Own

Picky Eaters Tip – If you're cooking with someone who doesn't love pesto, you can replace it with their favorite tomato sauce.

Our free-range chickens thrive on an all-natural diet. They are never fed growth hormones and receive no antibiotics in their feed, their water, through intramuscular injection, or even the egg...ever.

Good To Know

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 – 890 Calories, 33g Fat, 63g Protein, 77g Carbs, 26 Smart Points

Lightened up snapshot – 470 Calories, 20g Fat and 15 Smart Points with no parmesan and $\frac{2}{3}$ of the pizza dough.

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

INGREDIENTS: Free-Range Chicken, Pizza Dough, Cremini Mushrooms, Parmesan, Heavy Cream, Mozzarella, Sundried Tomatoes, Basil, Lemon Juice, Garlic

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 2 Tbsp oil in a large skillet over high heat. Add the chicken and cook until the bottoms are well browned and each piece is starting to color up the sides, about 5 minutes. Flip and cook until each piece is fully browned and the chicken is cooked through, about 3 to 5 minutes more. Remove to a plate and cut into ½" slices.

If you have a thermometer, use it to test the doneness. You're looking for 165 or above.

3. Cook the Mushrooms

Return the skillet to the stove over medium-high heat. Add the **Mushrooms & Sundried Tomatoes** and cook until brown, about 5 minutes.

Don't wipe out the skillet. The juices from the chicken add great flavor to the mushrooms.

4. Assemble the Calzone

On a floured surface, cut the **Pizza Dough** in half and roll each piece into a round about ¼"-½" thick. Transfer to a parchment-lined (or foil-lined) baking sheet. Leaving a ½" inch edge, top one side of each piece of dough with cooked chicken, mushrooms and sundried tomatoes, **Mozzarella & Parmesan** and **Pesto**. Fold the other side of the dough over the filling to create a half-moon. Starting at one end of each calzone (working with about 2 inches of dough at a time), roll the bottom edge up and in to create a seal.

Don't worry if your calzones aren't a work of art. The key is making sure the edges are sealed so the filling doesn't leak out.

Brush the top and edge of each calzone with oil. Using the tip of a knife, cut just through the surface to create 3 small slits in the top of each calzone.

*Love this recipe?
#meezmagic*

5. Bake the Calzones

Bake 15 to 18 minutes until golden brown. Let cool 5 minutes before serving.

Instructions for two servings.

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

Oven Roasted Cauliflower and Chickpea Curry

Our super simple, super delicious roasted vegetable curry. Because the vegetables are roasted, they have an extra intensity that's just delicious. Cauliflower, carrots, chickpeas, raisins and cashews all come together over jasmine rice. It's hands-free heaven!

35 Minutes to the Table

5 Minutes Hands On

1 Whisk Super Easy

Getting Organized

EQUIPMENT

- Saucepan
- Rimmed Baking Sheet(s)

FROM YOUR PANTRY

- Olive Oil
- Salt & Pepper

6 MEEZ CONTAINERS

- Jasmine Rice
- Carrots & Peppers
- Cauliflower
- Chickpeas & Onions
- Coconut Curry Sauce
- Cashews & Raisins

Make The Meal Your Own

Make ahead tip – Cook the rice and roast the vegetables up until you would add the curry sauce. When you're ready to eat, roast the vegetables an additional 5 minutes before adding the sauce.

Have leftovers? Turn this into a creamy curry soup by pureeing your leftovers and adding a can of coconut milk.

Omnivore's Option – Ground lamb is a traditional addition to this dish. Brown it separately, drain the fat and add with the coconut curry sauce.

Good To Know

Health snapshot per serving – 395 Calories, 12 g Protein, 9 g Fiber, 13 Smart Points

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

INGREDIENTS: Tomatoes, Coconut Milk, Cauliflower, Chickpeas, Carrots, Rice, Red Bell Peppers, Onion, Cashews, Raisins, Ginger, Spices

meez meals

1. Getting Organized

Preheat your oven to 450 and bring 2 cups of water to a boil for the rice.

2. Cook the Rice

When the water for the rice is boiling, add the **Jasmine Rice** and a pinch of salt. Reduce the heat to a simmer and cover. Cook until all the water has absorbed, about 20 to 25 minutes. Remove from heat and fluff with a fork. Cover and set aside until it's time to eat.

3. Roast the Vegetables

While the rice is cooking, put the **Carrots & Peppers** and **Cauliflower** on to a rimmed baking sheet. Drizzle with olive oil, salt and pepper and toss well. Then arrange in a single layer and bake for 10 minutes. Add the **Chickpeas & Onions**. Stir well, and then return the baking sheet to the oven until the veggies are golden in places and fork tender, about 7 to 10 minutes.

Resist the temptation to crowd the vegetables. They need to be in a single layer for this recipe to work, so use two sheets if necessary.

4. Finish the Curry

Pour the **Coconut Curry Sauce** over everything, (if you're using 2 baking sheets, divide the sauce evenly between them as best you can) and give the vegetables a good stir. Cook for another 5 minutes, then serve over the rice and top with the **Cashews & Raisins**.

If you divided your veggies between two baking sheets, you can combine them on to one to mix before serving, or use a mixing bowl.

Love this recipe? #meezmagic

Instructions for two servings.

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

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
17 Smart Points

Lightened up snapshot (1 slice of bread)

432 Calories, 15g Fat, 30g Carbs, 12 Smart 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

meezmeals

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!

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

Thai Coconut Kale

10 Minutes to the Table

10 Minutes Hands On

Getting Organized

EQUIPMENT

Skillet

FROM YOUR PANTRY

Salt & Pepper

3 MEEZ CONTAINERS

Kale

Coconut

Sweet Chili Sauce

Put It All Together

Heat 1 Tbsp olive oil in a large skillet over high heat. Cook the **Kale** in batches (about 3 total) until lightly browned, about 2 minutes per batch (6 minutes total). Once the kale is wilted, add the **Coconut** and cook until it starts to brown, about 2 more minutes, stirring frequently. Add the **Sweet Chili Sauce** and cook for one minute, then serve.

Good to Know

Health Snapshot per serving (serves 2)

240 Calories, 5g Protein, 5g Fat, 10g Fiber 9 WW+ Points

Have Questions?

We're standing by at 773.916.6339

INGREDIENTS: Kale, Sweet Chili Sauce, Coconut

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

Balsamic-Glazed Broccoli

20 Minutes to the Table

5 Minutes Hands On

1 Whisk Super Easy

Getting Organized

EQUIPMENT

Baking Sheet

FROM YOUR PANTRY

Salt & Pepper
Vegetable Oil

4 MEEZ CONTAINERS

Broccoli
Balsamic
Vinaigrette
Almonds
Parmesan Cheese

Make This Meal Your Own

If you want to add a salty layer, pancetta would be great in this.

Want to get a jump on dinner? Make this recipe a day in advance and serve cold.

Good to Know

If you're making the vegan version, we've left out the cheese. Try sprinkling a second salted nut to add a great contrast.

Health Snapshot per serving (serves 2 to 3)

385 Calories, 20g Fat, 35g Carbs, 15g Protein,
10 WW+ Points

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

INGREDIENTS: Broccoli, Pecorino Cheese, Almonds, White Balsamic Vinegar,
White Wine, Brown Sugar, Herbs

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1. **Getting Started**

Preheat your oven to 450.

2. **Roast the Broccoli**

Put the **Broccoli** on to a rimmed baking sheet. Drizzle with olive oil, salt and pepper, and give it all a good toss, then arrange in a single layer. Bake until golden in places, 12 to 15 minutes.

3. **Put It All Together**

Top the broccoli with the **Balsamic Vinaigrette** and **Almonds** and mix. Sprinkle the **Parmesan Cheese** on top and bake until the cheese is lightly browned, about 5 more minutes. Serve and enjoy!

Love this recipe? #meezmagic

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

Quick Tips

Kentucky BBQ Tacos with Fresh Cabbage Slaw

35 Min to Table	5 Min Hands On	1 Whisk Super Easy
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Getting Started Preheat your oven to 400.

Omnivore Option This dish is great as is.

Seared Tilapia with Pineapple Salsa

20 Min to Table	15 Min Hands On	1 Whisk Super Easy
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Getting Started Put a saucepan of water on to boil.

Meal Tip Add some roasted, chopped nuts for a nice crunch.

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

Herb Roasted Chicken with Fingerling Potatoes

65 Min to Table	10 Min Hands On	1 Whisk Super Easy
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Getting Started Preheat oven to 425.

Meal Tip Bacon would make this meal even more delicious.

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

Spicy Argentinean Black Beans & Rice

40 Min to Table	20 Min Hands On	1 Whisk Super Easy
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Getting Started Preheat your oven to 450 and put water on to boil.

Omnivore Option Steak is a traditional partner for this dish.

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.

Cheesy Chicken and Basil Calzone

40 Min to Table	20 Min Hands On	2 Whisks Easy
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Getting Started Rinse and season the chicken.

Meal Tip Picky eaters might prefer tomato sauce.

Oven Roasted Cauliflower and Chickpea Curry

40 Min to Table	5 Min Hands On	1 Whisk Super Easy
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Getting Started Preheat your oven to 450 and bring water to a boil.

Omnivore Option Ground lamb is a traditional addition to this.

Single Serve 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.

Single Serving Pesto Quesadilla

25 Min to Table	5 Min Hands On	1 Whisk Super Easy
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Getting Started Preheat your oven to 400.

From Your Pantry You'll need some vegetable oil.

Balsamic Glazed Broccoli

20 Min to Table	5 Min Hands On	1 Whisk Super Easy
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Getting Started Preheat your oven to 450.

Omnivore Option Pancetta would make a great addition.



Thai Coconut Kale

10 Min to Table	10 Min Hands On	1 Whisk Super Easy
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Getting Started All you'll need is a skillet.

Health Snapshot

Kentucky BBQ Tacos

830 Calories
20 g Protein
35 g Fat
110 g Carbs.
10 g Fiber
1,175 mg Sodium

22 WW+ Points

150% Vitamin A
110% Calcium
70% Vitamin C

Herb Roasted Chicken

388 Calories
26 g Protein
14 g Fat
29 g Carbs
6 g Saturated Fat
727 mg Sodium

9 Smart Points

53% Vitamin C
18% Vitamin D
28% Vitamin b6

Chile Relleno Burrito

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

20 Smart Points

70% Folate
50% Calcium
20% Vitamin C

Seared Tilapia with Pineapple

580 Calories
70 g Protein
10 g Fat
50 g Carbs.
5 g Fiber
215 mg Sodium

14 WW+ Points

195% Vitamin C
40% Vitamin A
35% Calcium

Black Beans & Rice

450 Calories
20 g Protein
5 g Fat
100 g Carbs.
25 g Fiber
50 mg Sod.

13 WW+ Points

320% Vitamin A
75% Folate
65% Vitamin C.

Lighten Up Option

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

BBQ Tacos

4 tortillas, ½ both sauces

500 Calories
20 g Fat
14 WW+ Points

Roast Chicken

No changes

388 Calories
14 g Fat
9 Smart Points

Burrito

No tortillas

390 Calories
15 g Fat
14 Smart Points

Tilapia

½ rice

495 Calories
10 g Fat
12 WW+ Points

Rice Bowl

No changes

450 Calories
5 g Fat
13 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.

Health Snapshot

Chicken Calzone

890 Calories
63 g Protein
33 g Fat
77 g Carbs.
11 g Fiber
1373 mg Sodium

26 Smart Points

20% Vitamin C
23% Vitamin D
80% Folate

Cauliflower Curry

395 Calories
12 g Protein
10 g Fat
69 g Carbs.
9 g Fiber
734 mg Sodium

13 Smart Points

155% Vitamin A
238% Vitamin C
38% Calcium

Mediterranean Grilled Cheese

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

17 Smart 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

Balsamic Broccoli

385 Calories
15 g Protein
20 g Fat
35 g Carbs.
4 g Fiber
200 mg Sod.

10 WW+ Points

17% Vit. E
6% Calcium
50% Vit. C

Thai Coconut Kale

240 Calories
5 g Protein
5 g Fat
40 g Carbs.
10 g Fiber
50 mg Sod.

9 WW+ Points

540% Vitamin A
140% Vitamin C
20% Calcium

Lighten Up Option

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

Calzone

1/3 dough, no cheese
470 Calories
20 g Fat
15 Smart Points

Curry

No changes
395 Calories
10 g Fat
13 Smart Points

Grilled Cheese

1 slice of bread
432 Calories
15 g Fat
12 Smart Points

Quesadilla

No changes
630 Calories
30 g Fat
16 WW+ Points

Broccoli

No changes
385 Calories
20 g Fat
10 WW+ Points

Thai Coconut

No changes
240 Calories
5 g Fat
9 WW+ Points