

# Cilantro-Lime Rice with Avocado & Toasted Chickpeas

**20** Minutes to the Table

**20** Minutes Hands On

**1 Whisk** Super Easy

One of our favorite rice bowls. We're making cilantro-lime rice with plenty of avocado for a mellow dinner inspired by the flavors of Mexico's Yucatan Peninsula. (Think Caribbean blue water, sandy beaches and fresh margaritas.) Toasted chickpeas and sautéed kale round out this delicious dinner just right any night of the week.

## Getting Organized

### EQUIPMENT

Large Skillet  
Saucepan  
Bowl

### FROM YOUR PANTRY

Olive Oil  
Salt & Pepper

### 6 MEEZ CONTAINERS

Rice  
Avocado  
Lime  
Kale  
Seasoned Chickpeas  
Cilantro-Lime Crema

## Make The Meal Your Own

**Omnivore's Option** – Pulled chicken breast is delicious in this recipe. Roast it with the chickpeas and kale.

**Cooking with a picky eater?** This dish is a crowd pleaser. If your picky eater doesn't love kale, try serving it with sweet potatoes or sautéed peppers.

## Good To Know

**If you're making the vegan version**, we've left the sour cream out of your crema. A little vegenaïse or soy yogurt would add nice creaminess, or just add an extra drizzle of olive oil.

**Health snapshot per serving** – 512 Calories, 30g Fat, 15g Protein, 18 Smart Points

**Lightened up snapshot** – 439 Calories, 20g Fat and 13 Smart Points with half of the avocado.

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

INGREDIENTS: Chickpeas, Kale, Avocado, Lime, Rice, Sour Cream, Onion, Cilantro, Garlic, Spices

meez *meals*

## 1. Getting Organized

Put a saucepan of water on to boil.

## 2. Make the Rice

Add the **Rice** to the boiling water with a pinch of salt. Simmer on medium-low heat until tender, about 15 to 20 minutes. Drain and set aside.

Cut the **Avocado** in half. Mash half in a bowl, then add to the rice and mix in. Slice the other half and save as a topper for the final dish.

## 3. Toast the Chickpeas and Sauté the Kale

While the rice is cooking, heat 2 Tbsp of olive oil in a large skillet over medium-high heat. Add the **Seasoned Chickpeas** and cook until crispy and browned, about 10 minutes.

Add the **Kale** and cook until it turns bright green, about 3 to 5 minutes.

## 4. Put It All Together

Serve the chickpeas and kale over the rice, and top with the sliced avocado. Cut the **Lime** into wedges and have everyone squeeze over their own plates. Top with **Cilantro-Lime Crema** to taste. Enjoy!

*We cook our rice like pasta because it's quick, easy and doesn't require an exact amount of water.*

*We like our kale firm. If you prefer yours soft, cook it for a few extra minutes.*

*Love this recipe? #meezmagic*

Instructions for two servings.

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

# Chicken Enchiladas Rojas

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

**40** Minutes to the Table

**20** Minutes Hands On

**1 Whisk** Super Easy

## Getting Organized

### EQUIPMENT

Large Skillet  
9x9 Casserole Dish  
Slotted Spoon  
(Optional)

### FROM YOUR PANTRY

Olive Oil  
Salt & Pepper

### 5 MEEZ CONTAINERS

Chicken Breast  
Cauliflower  
Enchilada Sauce  
Chihuahua Cheese  
Corn Tortillas

## Make The Meal Your Own

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

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

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

## Good To Know

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

**Health snapshot per serving** – 545 Calories, 50g Protein, 20g Fat, 50g Carbs, 14 Smart Points

**Lightened up snapshot** – 490 Calories, 15g Fat and 11 Smart points with half the cheese.

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

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

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### 1. Get Organized

Preheat your oven to 375 degrees.

### 2. Prep the Chicken

Rinse the **Chicken Breast** under cold water and pat dry with a paper towel. Place the chicken on a cutting board. Using a sharp knife, cut the chicken breast evenly into strips, about 1/4" to 1/2" wide.

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

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

### 3. Cook the Chicken and Cauliflower

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

Add the **Enchilada Sauce** and 1/4 cup of water to the pan. Bring to a boil, then reduce heat and simmer until thickened slightly, about 3 to 5 minutes.

### 4. Heat the Tortillas

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

### 5. Roll and Bake the Enchiladas

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

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

Instructions for two servings.

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# Roasted Red Pepper Spaghetti with Squash and Spinach

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

**30** *Minutes to the Table*

**15** *Minutes Hands On*

**1 Whisk** *Super Easy*

## Getting Organized

### EQUIPMENT

Rimmed Baking Sheet  
Saucepan  
Large Skillet

### FROM YOUR PANTRY

Olive Oil  
Salt & Pepper

### 5 MEEZ CONTAINERS

Butternut Squash  
Parmesan Cheese  
Red Pepper Sauce  
Spinach  
Whole Wheat Spaghetti

## Make the Meal Your Own

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

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

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

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

## Good to Know

**Health snapshot per serving** – 560 Calories, 25g Protein, 15g Fat, 20 Smart Points

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

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

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

*Stir the butternut squash once, about halfway through cooking.*

### 3. Cook the Spaghetti

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

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

### 4. Finish the Sauce

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

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

*Love this recipe? #meezmagic*

Instructions for two servings.  
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# Salmon Al Sugo Bianco

Classic Italian made easy. We're serving wild-caught salmon in a delectable cream & white wine sauce. With some sautéed mushrooms and whole grain linguini, it's an elegant – and surprisingly light – meal that's on the table in a flash.

**35** Minutes to the Table

**25** Minutes Hands On

**2 Whisks** Easy

## Getting Organized

### EQUIPMENT

Saucepan  
Large Skillet  
Shallow Pie Pan or Plate  
Medium Skillet

### FROM YOUR PANTRY

½ Cup Flour  
1 ½ Cup Whole Milk or  
Half & Half  
Olive Oil  
Salt & Pepper

### 5 MEEZ CONTAINERS

Mushrooms  
Linguine  
Onions & Garlic  
Wine Stock  
Salmon

## Make The Meal Your Own

**To get a flavorful sauce**, we recommend using whole milk. It's even better with half and half or heavy cream if you want to really indulge!

**Picky eater tip** – Leave the mushrooms out of their portion.

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

## Good To Know

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

**Health snapshot per serving** – 615 Calories, 10g Fat, 40g Protein, 85g Carbs, 17 Smart Points

**Lightened up snapshot** – 465 Calories, 10g Fat, and 11 Smart Points with half the pasta.

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

INGREDIENTS: Wild-Caught Salmon, Button Mushrooms, Whole Wheat Linguine, White Wine, Cremini Mushrooms, Red Onion, Apple Juice, Green Onion, Concentrated Vegetable Stock, Garlic, Herbs and Spices

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### 1. Getting Organized

Put a saucepan of water on to boil.

### 2. Cook the Mushrooms

Heat 1 Tbsp of oil in a large skillet over high heat. Add the **Mushrooms** and cook until browned, 8 to 10 minutes. Remove to a bowl.

### 3. Cook the Pasta

Add the **Linguine** to the boiling water and cook until al dente, 7 to 9 minutes. Drain and set aside.

### 4. Make the Sauce

Return the now-empty mushroom skillet to the stove and heat 1 Tbsp oil over high heat. Add the **Onions & Garlic** and cook until brown, about 5 to 7 minutes. Add 1.5 Tbsp flour to the pan and cook, stirring constantly, until it coats the onions and starts to brown, about 1 minute. Add the **Wine Stock** and bring the mixture to a boil. Reduce to a simmer and cook until the sauce is reduced by half, about 5 minutes. Add 1 ½ cup milk and cook until thick enough to coat the back of a spoon, about 6 to 8 minutes. Season with salt and pepper to taste.

### 5. Dredge and Cook the Salmon

While the sauce is cooking, put your remaining flour (about ½ cup) into a shallow pie pan or plate and add a generous pinch of salt and pepper, then mix. Coat both sides of the **Salmon** with the flour, making sure the entire filet is covered. Repeat with remaining salmon filets.

Heat 2 Tbsp of oil in a medium skillet on high heat. Add the salmon and cook 4 minutes. Flip and cook an additional 2 minutes. Turn off the heat, cover and let sit for 5 minutes.

### 6. Put It All Together

Serve the linguine topped with salmon, mushrooms and cream sauce. 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.*

*If you want to make sure the salmon is fully cooked, use a thermometer. You want the internal temp. to be at least 140 degrees.*

*Love this recipe?*

*#meezmagic*

Instructions for two servings.  
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# Chili-Glazed Tofu Tacos

West Coast food trucks opened our eyes to the magic of Asian flavors served up in tacos. The sweet and salty flavors of the sauces go perfectly with the warmth of corn tortillas. We're making our version with tasty ginger and sesame chili sauce, baked organic tofu, shredded cabbage and almonds for some crunch. It's exotic, savory, sweet and totally delicious. (And did we mention it's on the table in 10 minutes?)

**10** Minutes to the Table

**10** Minutes Hands On

**1 Whisk** *Super Easy*

## Getting Organized

### EQUIPMENT

Large Skillet  
Mixing Bowl

### FROM YOUR PANTRY

Olive Oil

### 6 MEEZ CONTAINERS

Baked Tofu  
Chili Sauce  
Green Onions  
Cabbage  
Corn Tortillas  
Almonds

## Make The Meal Your Own

**If you want to add a little extra flavor**, fry the tortillas to create crispy taco shells. Pour enough oil in a small skillet to cover the bottom, season each tortilla with salt and fry over medium-high heat for about 1 minute per side. Remove to a paper-towel lined plate. The tortillas will crisp as they sit, so don't worry if they are still a bit soft when they first come out of the oil.

## Good To Know

**This dish owes a debt** to the good folks at Kogi BBQ. Their truck started roaming the streets of LA in 2008 selling gourmet tacos. They kicked off the food truck revolution, and gave America a whole new view on what's tasty inside of a tortilla.

**Health snapshot per serving** – 709 Calories, 24 g Protein, 5 g Fiber, 20 Smart Points

**Lightened up snapshot** – 480 Calories, 19 g Fat and 15 Smart Points when you leave out the almonds and only use 2 corn tortillas.

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

INGREDIENTS: Cabbage, Baked Tofu, Corn Tortillas, Almonds, Mae Ploy Sauce, Soy Sauce, Cornstarch, Sesame Oil, Green Onions, Ginger

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## 1. Cook the Tofu and Cabbage

Heat 1 Tbsp oil in a large skillet over medium-high heat. When the oil is hot, add the **Baked Tofu**. Cook, stirring occasionally, until the tofu is starting to brown, about 4 to 5 minutes.

Add the **Cabbage** and cook until it just softens and starts to wilt, about 2 to 3 minutes. Stir in **Green Onions** and cook until fragrant, about 1 minute.

Add the **Chili Sauce**, immediately turn off the heat and remove to a bowl. Season with salt and pepper to taste.

## 2. Put It All Together

Heat the **Corn Tortillas** in a dry skillet or directly over your gas burner just until soft and pliable, about 30 seconds per side.

Serve the tortillas filled with tofu and cabbage. Top with **Almonds**.

*Love this recipe? #meezmagic*

Instructions for two servings.

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# Balsamic Glazed Chicken Caprese Pasta

This deliciously quick-to-the-table dish is a returning family favorite. With organic chicken breast, fresh mozzarella, sweet grape tomatoes and a balsamic glaze, it's the perfect partner for whole-wheat penne pasta. NOM NOM!

**20** Minutes to the Table

**10** Minutes Hands On

**1 Whisk** Super Easy

## Getting Organized

### EQUIPMENT

- Saucepan
- Deep Skillet or Large Saucepan with Lid

### FROM YOUR PANTRY

- Olive Oil
- Salt & Pepper

### 6 MEEZ CONTAINERS

- Chicken Breast
- Whole Wheat Penne
- Fresh Mozzarella
- Pesto
- Grape Tomatoes
- Balsamic Glaze

## Make The Meal Your Own

**We think this pasta is just as good cold** as it is warm, so we like it as a make-ahead lunch or dinner.

**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 ¼ tsp of each.

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

**Health snapshot per serving** – 750 Calories, 30g Fat, 85g Carbs, 40g Protein, 24 Smart Points

**Lightened up snapshot** – 465 Calories, 25g Fat, 13 Smart Points to make a low-carb option with no pasta and ½ the mozzarella.

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

INGREDIENTS: Free-Range Chicken, Grape Tomatoes, Whole Wheat Penne Pasta, Fresh Mozzarella Cheese, Balsamic Vinegar, Brown Sugar, Olive Oil, Basil, Almonds, Parmesan, Lemon Juice, Garlic, Spices

meez *meals*

## 1. Getting Organized

Put a saucepan of water on to boil.

## 2. Cook the Pasta

Add the **Whole Wheat Penne** to the boiling water. Cook until al dente, about 7 to 9 minutes, and then drain and return to the now-empty saucepan.

Add the **Fresh Mozzarella** and **Pesto**. Mix well, then set aside.

## 3. Prep and Cook the Chicken and Tomatoes

Rinse the **Chicken Breast** under cold water and pat dry with a towel. Place the chicken on a cutting board. Using a sharp knife, slice the chicken into even strips. (We aim for approximately ¼" - ½" slices). Once the chicken is sliced, 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).

While the pasta is cooking, heat 1 ½ Tbsp olive oil in a deep skillet (or large saucepan) over medium-high heat. When the oil is hot, add the chicken breast and **Grape Tomatoes** and cover. Cook until the chicken is browned on one side, about 6 minutes, and then flip. Continue cooking, uncovered, until the chicken is fully cooked, about 4 more minutes.

*Add the tomatoes and chicken gently; the oil will be extremely hot and you want to avoid splashes.*

Add the **Balsamic Glaze** and cook, stirring continuously, until chicken and tomatoes are coated, about 2 minutes. Season with salt and pepper to taste.

## 4. Put It All Together

Serve the pesto pasta topped with the chicken and tomatoes. Drizzle any extra glaze from the pan over the top to taste. Enjoy!

*Love this recipe? #meezmagic*

Instructions for two servings.

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# Barbeque Pizza

Back by popular demand! A whole-wheat crust spread with a delicious BBQ sauce and topped with black beans, crispy kale, smoked gouda and dried cherries. Sound unusual? Definitely. But together these ingredients are magic.

**30** *Minutes to the Table*

**10** *Minutes Hands On*

**1 Whisk** *Super Easy*

## Getting Organized

### EQUIPMENT

Rimmed Baking Sheet

### FROM YOUR PANTRY

Olive Oil  
Salt & Pepper  
Flour for Dusting

### 5 MEEZ CONTAINERS

Pizza Dough  
Kale  
Barbeque Sauce  
Black Beans  
Cheese & Cherries

## Make The Meal Your Own

**Kids and picky eaters tip** – Serve their portion with the crispy kale on the side.

**Omnivore's Option** – Barbeque chicken pizza is about as classic as it gets. If you have some leftover roast chicken, it would be great on this pizza.

## Good To Know

**If you're making the vegan version**, we've left out the cheese. Cook the kale and pizza separately, rather than finishing them together, the way we recommend for folks using cheese. Cook the kale until it's crispy and browned. While it's cooking, bake the pizza with just the sauce, beans and cherries. Top it with the cooked kale and enjoy! (Need help? Give us a call!)

**Health snapshot per serving** – 730 Calories, 20g Fat, 35g Protein, 24 Smart Points

**Lightened up snapshot** – 500 Calories, 10g Fat and 15 Smart Points with ½ the cheese & cherries.

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

INGREDIENTS: Kale, Whole Wheat Pizza Dough, Black Beans, Barbeque Sauce, Gouda Cheese, Mozzarella Cheese, Dried Cherries, Granulated Garlic

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### 1. Getting Organized

Preheat your oven to 400 and take the **Pizza Dough** out of the refrigerator.

*Warming up your pizza dough is important! It makes it easier to roll.*

### 2. Bake the Kale

Put the **Kale** on to a rimmed baking sheet and drizzle with 2 Tbsp olive oil. Toss well, then arrange the kale in a single layer and bake for 10 minutes. Transfer to a plate.

*The kale will finish cooking on top of the pizza, so don't let it get fully toasted and browned.*

### 3. Prepare the Pizza Dough

Once the kale is cooking, shape your pizza dough. Sprinkle your counter with a little flour and stretch the dough into shape. The size and thickness are up to you, but we target about ¼" thickness. We usually make two-person pizzas (even if we're making the 4-serving size) and ours are about 8" wide and 14" long, but you can make yours however you like.

*Sprinkling your counter with flour is important. It keeps the dough from sticking.*

### 4. Bake the Pizza

Put the pizza on to the now-empty baking sheet. Spread some of the **Barbeque Sauce** over the pizza. (Use just as much as you need. Too much will make the crust soggy.)

*We line our baking sheets to make clean up a breeze.*

Top with the **Black Beans** and cooked kale. Sprinkle the **Cheese & Cherries** on top and bake until the crust is golden and the cheese is melted, about 15 to 20 minutes. Enjoy!

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

*Love this recipe? #meezmagic*

Instructions for two servings.

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# Portobello Grilled Cheese

**15** *Minutes to the Table*

**15** *Minutes Hands On*

**1 Whisk** *Super Easy*

## Getting Organized

### EQUIPMENT

Non-Stick Skillet

### FROM YOUR PANTRY

Vegetable Oil

### 5 MEEZ CONTAINERS

Portobello

Mushrooms

Balsamic

Vinaigrette

Sourdough

Gruyere &

Mozzarella

Cranberry Aioli

## Good to Know

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

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

675 Calories, 35g Fat, 55g Carbs, 30g Protein

18 Smart Points

### **Lightened up snapshot (1/2 aioli)**

450 Calories, 20g Fat, 50g Carbs, 13 Smart Points

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

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

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### 1. Cook the Mushrooms

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

Add the **Balsamic Vinaigrette**, and stir to coat the mushrooms. Set aside.

### 2. Make the Sandwich

Heat 1 Tbsp of oil in the same skillet over medium-high heat. Put one piece of **Sourdough** in the oil and then top with half of the **Gruyere &**

**Mozzarella**. Spoon the mushrooms into the center of the cheese and sprinkle with remaining cheese. Top with the second piece of bread and press down to close.

Cook 1 to 2 minutes, then flip and cook another 3 to 4 minutes until the

bread is golden brown. Turn off the heat, cover the sandwich and let sit for 1 minute.

### 3. Put It All Together

Remove the top piece of bread and spread the inside of the slice with

**Cranberry Aioli** to taste or spoon the aioli over the top of the cooked sandwich. Enjoy!



# Single Serve Green 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

Poblano Peppers

Tortillas

Spinach & Bean

Spread

Chihuahua

Cheese

## Good to Know

**If you don't love spice**, you can leave the poblanos out of the quesadilla. It will still be delicious without them.

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

805 Calories, 40g Fat, 75g Carbs, 40g Protein

28 Smart Points

**Lightened up snapshot** (1 tortilla, ½ the cheese)

490 Calories, 20g Fat, 60g Carbs, 18 Smart Points

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

INGREDIENTS: Flour Tortillas, Poblano, Chihuahua Cheese, Great Northern Beans, Spinach, Half and Half, Spices

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### 1. Getting Organized

Preheat your oven to 400.

### 2. Roast the Poblanos

Toss the **Poblano Peppers** with 1 Tbsp of oil and spread in a single layer on a baking sheet. Roast until the peppers are just starting to brown, about 7 to 10 minutes. Remove to a bowl or plate.

### 3. Build the Quesadilla

Oil the now-empty 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 **Spinach & Bean Spread** on the tortilla and then top with half of the **Chihuahua Cheese** and all of the poblanos. Sprinkle the remaining cheese on top of the poblanos. Top with the second tortilla, oiled-side up, and gently press down.

### 4. Put It All Together

Bake the quesadilla until the top and edges are golden brown, about 6 to 8 minutes. Flip the quesadilla, and cook an additional 3 to 4 minutes. Cut into wedges and serve. Enjoy!

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# Southwestern Salad

5 Minutes to the Table

5 Minutes Hands On

## Getting Organized

### EQUIPMENT

Mixing Bowl

### FROM YOUR PANTRY

Salt & Pepper

### 5 MEEZ CONTAINERS

Avocado

Spinach

Tortilla Chips

Corn & Beans

Buttermilk Chipotle

Dressing

## Put It All Together

Dice the **Avocado** and break the **Tortilla Chips** into pieces. Combine the **Spinach, Corn & Beans**, the broken chips and half the diced avocado in a mixing bowl with half of the **Buttermilk Chipotle Dressing**. Season with salt and pepper and add more dressing to taste.

## Good to Know

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

520 Calories, 20g Protein, 10g Fiber, 30g Fat,  
14 WW+ Points

### **Have Questions?**

We're standing by at 773.916.6339

INGREDIENTS: Avocado, Spinach, Black Beans, Corn, Queso Fresco, Buttermilk, Mayonnaise, Tortilla Chips, Red Onion, Chipotle Peppers, Garlic, Herbs and Spices

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# Dijon Roasted Broccoli

**30** *Minutes to the Table*

**5** *Minutes Hands On*

**1 Whisk** *Super Easy*

## Getting Organized

### EQUIPMENT

Baking Sheet

### FROM YOUR

### PANTRY

Salt & Pepper

Olive Oil

3 MEEZ

### CONTAINERS

Broccoli

Almonds

Dijon Vinaigrette

## Make This Meal Your Own

**Omnivore's Option** – Bacon and broccoli are a perfect match. Crisp some in the oven or on the stove, chop into bits and add it in when you add the almonds.

## Good to Know

### **Health Snapshot per serving (serves 2)**

368 Calories, 7g Carbs, 5g Protein, 12 Smart Points

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

INGREDIENTS: Broccoli, Almonds, Olive Oil, Red Wine Vinegar, Whole Grain Mustard, Honey, Herbs and Spices

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### 1. Getting Started

Preheat your oven to 400.

### 2. Roast the Broccoli

Toss the **Broccoli** with 1 1/2 Tbsp of olive oil and season with salt and pepper. Spread the broccoli in a single layer on a baking sheet and roast until it is beginning to brown on the sides, about 15 minutes, stirring once halfway through.

Remove the pan from the oven and sprinkle the **Almonds** over top. Return the broccoli and almonds to the oven and bake until the almonds are fragrant, about 5 additional minutes.

Pour the **Dijon Vinaigrette** on to your broccoli and mix well. Bake for 5 more minutes.

### 3. Put It All Together

Season the broccoli with salt and pepper to taste. Enjoy!

*Love this recipe? #meezmagic*

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

## Quick Tips

### *Cilantro Lime Rice with Avocado and Toasted Chickpeas*

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<b>20 Min</b> to Table	<b>20 Min</b> Hands On	<b>1 Whisk</b> Super Easy
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**When Meals Arrive** Check your avocado for ripeness. If it is hard, leave it on the counter to ripen.

**Getting Started** Put a saucepan of water on to boil.

**Omnivore Option** Pulled chicken breast is delicious in this meal.

### *Salmon Al Sugo Bianco*

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<b>35 Min</b> to Table	<b>25 Min</b> Hands On	<b>2 Whisks</b> Easy
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**Getting Started** Put a saucepan of water on to boil.

**Picky Eater Tip** Skip the mushrooms for their portion.

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

### *Chicken Enchiladas Rojas*

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<b>40 Min</b> to Table	<b>20 Min</b> Hands On	<b>1 Whisk</b> Super Easy
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**Getting Started** Preheat oven to 375.

**Picky Eaters Tip** Replace the cauliflower with another vegetable.

### *Chili-Glazed Tofu Tacos*

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<b>10 Min</b> to Table	<b>10 Min</b> Hands On	<b>1 Whisk</b> Super Easy
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**Getting Started** No prep needed!

**Omnivore Option** This meal is delicious all on its own.

### *Roasted Red Pepper Spaghetti with Squash & Spinach*

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

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

### *Creamy Balsamic Chicken Pasta*

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

**Make Ahead Tip** This dish is just as good cold.

### *Barbeque Flatbread Pizza*

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

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

### *Portobello Grilled Cheese*

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<b>15 Min</b> to Table	<b>15 Min</b> Hands On	<b>1 Whisk</b> Super Easy
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**Getting Started** Heat butter in medium skillet.

### *Green 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** If you don't love spice, leave the poblanos out.

**From Your Pantry** You'll need some vegetable oil.

### *Southwestern 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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**When Meals Arrive** Check your avocado for ripeness. If it is hard, leave it on the counter to ripen.

**Getting Started** This is toss and serve!



### *Dijon Roasted Broccoli Florets*

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<b>30 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.

**Omnivore Option** Bacon would make a great addition.

## Health Snapshot

### Cilantro Lime Rice

512 Calories  
12 g Protein  
27 g Fat  
61 g Carbs.  
14 g Fiber  
411 mg Sodium

18 Smart Points

154% Vitamin A  
77% Vitamin C  
18% Calcium

### Chicken Enchiladas

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

14 Smart Points

60% Vitamin B6  
50% Vitamin C  
30% Calcium

### Roasted Red Pepper Spaghetti

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

20 Smart Points

495% Vitamin A  
245% Vitamin C  
65% Calcium

### Salmon Al Sugo Bianco

615 Calories  
40 g Protein  
10 g Fat  
85 g Carbs.  
10 g Fiber  
715 mg Sodium

17 Smart Points

55% Vitamin B12  
50% Vitamin B6  
30% Calcium

### Chili-Glazed Tofu Tacos

709 Calories  
24 g Protein  
28 g Fat  
93 g Carbs.  
5 g Fiber  
1443 mg Sodium

20 Smart Points

126% Calcium  
5% Vitamin A  
28% Iron

### Lighten Up Option

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

#### Rice

½ avocado

493 Calories  
20 g Fat  
13 Smart Points

#### Enchiladas

½ cheese

490 Calories  
15 g Fat  
11 Smart Points

#### Spaghetti

No changes

560 Calories  
15 g Fat  
20 Smart Points

#### Salmon

½ pasta

465 Calories  
10 g Fat  
11 Smart Points

#### Tofu Tacos

No Nuts, 2 Tortillas

480 Calories  
19 g Fat  
15 Smart 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

<b>Balsamic Chicken Pasta</b>	<b>Barbeque Flatbread Pizza</b>	<b>Grilled Cheese</b>	<b>Green Quesadilla</b>	<b>Southwestern Salad</b>	<b>Dijon Roasted Broccoli</b>
750 Calories	730 Calories	675 Calories	805 Calories	520 Calories	368 Calories
40 g Protein	38 g Protein	30 g Protein	40 g Protein	20 g Protein	5 g Protein
30 g Fat	20 g Fat	35 g Fat	40 g Fat	30 g Fat	35 g Fat
85 g Carbs.	95 g Carbs	55 g Carb.	75 g Carbs.	40 g Carbs.	7 g Carbs.
10 g Fiber	20 g Fiber	10 g Fiber	10 g Fiber	10 g Fiber	4 g Fiber
235 mg Sodium	1450 mg Sodium	1,100 mg Sod.	1,625 mg Sod.	875 mg Sod.	200 mg Sod.
24 Smart Points	24 Smart Points	18 Smart Points	28 Smart Points	14 WW+ Points	12 Smart Points
115% Vitamin C	200% Vitamin A	90% Calcium	110% Vitamin A	80% Vitamin A	17% Vit. E
30% Vitamin A	60% Calcium	20% Vitamin B12	80% Calcium	50% Vitamin B6	6% Calcium
30% Vitamin B-6	55% Vitamin C	15% Vitamin A	30% Vitamin C	40% Vit B-12	50% Vit. C

### Lighten Up Option

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

<b>Chicken Pasta</b>	<b>Pizza</b>	<b>Grilled Cheese</b>	<b>Quesadilla</b>	<b>Salad</b>	<b>Broccoli</b>
No pasta, ½ the cheese	Half the cheese	½ aioli	1 tortilla, ½ cheese	No changes	No changes
465 Calories	500 Calories	450 Calories	490 Calories	520 Calories	368 Calories
25 g Fat	10 g Fat	20 g Fat	20 g Fat	30 g Fat	35 g Fat
13 Smart Points	15 Smart Points	13 Smart Points	16 Smart Points	14 WW+ Points	12 Smart Points