

Green Spring Vegetables with Toasted Gnocchi

Hurray for Spring! We're welcoming the season with a wonderful mix of asparagus, peas and edamame. We sauté them with just enough cream and Parmesan to add some richness, then serve them over toasted gnocchi. The result is fresh, filling and downright delicious. Dinner doesn't get much better than this.

20 Minutes to the Table

10 Minutes Hands On

1 Whisk *Super Easy*

Getting Organized

EQUIPMENT

Large Skillet
Rimmed Baking Sheet

FROM YOUR PANTRY

Olive Oil
Salt & Pepper

5 MEEZ CONTAINERS

Whole Wheat Gnocchi
Peas & Edamame
Asparagus
Lemon
Cream & Parmesan

Make The Meal Your Own

Dedicated omnivores can add tilapia. Bread it, then pan-sauté and serve over the gnocchi.

Cooking with a picky eater? This is a crowd-pleaser. If you're eating with someone who doesn't love asparagus, though, cook it separately and serve on the side.

Good To Know

If you're making the vegan version, we've left the cream and Parmesan out of your meal. The result is a light, bright meal that we love. Just use a little extra olive oil as you cook.

If you're making the gluten-free version, we've given you gluten-free gnocchi. Check it after 12 to 15 minutes because it cooks a bit faster than regular gnocchi.

Health snapshot per serving – 434 Calories, 16g Protein, 10g Fiber, 15 Smart Points

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

INGREDIENTS: Asparagus, Whole Wheat Gnocchi, Edamame, Peas, Heavy Cream, Lemon, Parmesan Cheese

meezmeals

1. Getting Organized

Preheat your oven to 375.

2. Toast the Gnocchi

Put the **Whole Wheat Gnocchi** on to a rimmed baking sheet and drizzle with olive oil, salt and pepper. Toss, then arrange in a single layer and bake until golden and crispy on the outside, about 15 to 20 minutes.

You can pan-fry the gnocchi, instead. It's a little faster, but be sure to use plenty of oil so the gnocchi don't stick.

3. Sauté the Vegetables

Heat 1 Tbsp olive oil in a large skillet over medium-high heat. Add the **Peas & Edamame** and cook for 2 to 3 minutes. Add the **Asparagus** and cook until it turns bright green and has a sear on it, about 5 minutes. Set aside.

Cut the **Lemon** into wedges and squeeze the juice into the pan and add 1 of the wedges into the pan, as well. Add the **Cream & Parmesan** and the toasted gnocchi. Turn the heat back to medium high and cook for 2 minutes. Add salt and pepper to taste. Take out the lemon wedge and enjoy!

Add a few tablespoons of water if you'd like the sauce looser at the very end.

Love this recipe? #meezmagic

Instructions for two servings.

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

Mexican Steak Quinoa Bowl

This week's family favorite. We're taking our classic red enchilada sauce and marrying it with the deep rich flavors of steak, kale and quinoa. Baked up with Mexican cheese, it's a cozy dinner everyone will love.

30 Minutes to the Table

15 Minutes Hands On

1 Whisk Super Easy

Getting Organized

EQUIPMENT

Saucepan
Casserole Dish

FROM YOUR PANTRY

Salt & Pepper

6 MEEZ CONTAINERS

Quinoa
Steak
Kale
Beans & Tomatoes
Enchilada Sauce
Asadero Cheese

Make The Meal Your Own

Leftovers Tip – The leftovers from this dish make a delicious taco or burrito filling.

It's important to let the steaks rest to keep them tender and juicy. Give them at least 3 to 5 minutes off the heat before you slice and serve.

Good To Know

Be sure to generously season your steaks with salt and pepper before cooking; the salt adds flavor while also keeping the meat tender. Chef Max recommends using ½ tsp of each.

Health snapshot per serving – 399 Calories, 15g Fat, 44g Protein, 22g Carbs, 10 Smart Points

Lightened up snapshot – no changes.

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

INGREDIENTS: Steak, Prepared Enchilada Sauce, Kale, Tomatoes, Asadero Cheese, Quinoa, Black Beans, Cilantro, Garlic, Herbs and Spices

meezmeals

1. Getting Organized

Preheat your oven to 375 and put a saucepan of water on to boil.

2. Cook the Quinoa

Add the **Quinoa** to the boiling water and cook for 6 to 8 minutes. Drain and set aside.

3. Make the Casserole

While the quinoa is cooking, combine the **Kale, Beans & Tomatoes** and **Enchilada Sauce** in a casserole dish. Bake, stirring occasionally, until the kale shrinks down a bit and starts to crisp, about 7 to 10 minutes. (You'll want to stir about every 3 to 4 minutes to prevent the kale from burning or getting too crisp on the edges). Add the cooked quinoa to the casserole and stir to incorporate. Continue baking until bubbling, about 7 to 10 more minutes.

This works in everything from a loaf pan to a 10x10 casserole dish

4. Cook the Steak

While the casserole is baking, heat 1 Tbsp of oil in a skillet over high heat. While the skillet is heating, pat the **Steaks** dry with a towel and season generously with salt and pepper (we recommend ½ tsp of each). When the skillet is very hot, add the steaks. Cook until the bottoms brown and the sides start to color, about 3 minutes.

To test if the skillet is hot enough for the steak, hold your hand about 6 inches above the skillet. If you can feel serious heat, it's ready to go.

- **If you prefer your steak medium-rare**, flip and continue cooking 3 minutes. Remove from the heat and let rest for 5 minutes.
- **If you prefer your steak medium**, flip and continue cooking for 4 minutes. Remove from the heat and let rest for 5 minutes.
- **If you prefer your steak medium-well or well done**, flip and continue cooking for 5 to 6 minutes. Remove from the heat and let rest for 5 minutes.

Beef continues to cook as it rests, so remove it from the heat when it's a little less done than you like to prevent it from overcooking.

After the steaks have rested, place them horizontally on a cutting board. Using a sharp knife, cut the steaks into even strips (we aim for ½" x 1" pieces).

5. Put It All Together

Sprinkle the **Asadero Cheese** over the top of the casserole and bake until the casserole is bubbling around the edges and the cheese is melted, about 5 more minutes. Serve the casserole topped with the sliced steak.

*Love this recipe?
#meezmagic*

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

Tahitian Chicken Paella

Tropical flavors give the classic Spanish paella a twist we just love. With caramelized pineapple, sweet bell peppers, free-range chicken breast and a coconut soy ginger sauce, this rice casserole is bursting with flavor.

40 *Minutes to the Table*

20 *Minutes Hands On*

1 Whisk *Super Easy*

Getting Organized

EQUIPMENT

Oven-Safe Large
Skillet

FROM YOUR PANTRY

Olive Oil
Salt & Pepper

5 MEEZ CONTAINERS

Chicken Breast
Pineapple & Peppers
Rice
Coconut Soy Ginger
Sauce
Cashews

Make The Meal Your Own

Leftovers from this dish make a delicious snack or next-day lunch. If you plan to save some for a later meal, reserve a bit of the coconut soy ginger sauce to moisten the paella when you reheat it.

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

The trick to this dish is to use a large skillet or frying pan that will be safe in the oven. The rice should fit in a thin layer so it can develop crusty bits on the bottom, which is our favorite part of paella.

Don't have an oven-safe skillet? You can transfer the paella to a large casserole dish, instead.

Health snapshot per serving – 596 Calories, 47g Protein, 4 g Fiber, 21 Smart Points

Lightened up snapshot – 465 Calories, 8g Fat and 16 SmartPoints when you leave out the cashews.

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

INGREDIENTS: Chicken Breast, Coconut Milk, Pineapple, Bell Peppers, Rice, Pineapple Juice, Onion, Soy Sauce, Cashews, Brown Sugar, Cilantro, Garlic, Herbs and Spices

meez *meals*

1. Getting Organized

Preheat your oven to 375.

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" 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. Cook the Chicken and Vegetables

Heat 1 Tbsp oil in a large, oven-safe skillet over high heat. Add the cubed chicken breast and cook, stirring occasionally, until no longer pink on the outside, about 3 to 5 minutes. Add the **Pineapple & Peppers** and continue cooking until the vegetables are soft and fragrant, 3 to 5 minutes.

4. Prepare and Bake the Paella

Stir the **Rice** in to the pan along with ¾ of the **Coconut Soy Ginger Sauce** and 1 cup of water. Bring to a boil and then cover (if your skillet doesn't have a lid, use aluminum foil).

Put the skillet into the oven and cook the paella until the rice is tender and the water has been absorbed, about 15 minutes. If the rice isn't fully cooked once the water has been absorbed, you can add a little more water and continue cooking until the rice is tender. Once the rice is to your liking, turn the oven off, but leave the skillet in for an additional 5 minutes.

5. Put It All Together

Uncover the skillet and return to the stove over high heat for 2 to 3 minutes. Top the paella with **Cashews** and drizzle with the remaining sauce. Enjoy!

Be sure to save ¼ of the coconut soy ginger sauce. You'll need it at the end to finish the dish.

Resist the urge to stir the paella, let it cook undisturbed.

The 2 to 3 minutes on the stove will help develop a bottom crust to the paella. It's our favorite part!

Instructions for two servings.

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

Cashew-Crusted Tofu with Thai Coconut Broth

Tofu goes center stage this week with a delicious cashew and panko crust. The meaty cashews and Japanese breadcrumbs create a nutty crisp crust for our tofu steak that we can't get enough of. What makes this dinner really magical, though, is the Thai coconut broth we're serving it in. Inspired by the classic Tom Kha, this dinner is unusual and ridiculously good.

30 Minutes to the Table

10 Minutes Hands On

1 Whisk Super Easy

Getting Organized

EQUIPMENT

Large Skillet
Rimmed Baking Sheet
Shallow Bowl

FROM YOUR PANTRY

Olive Oil, Salt & Pepper
Egg (optional)
Sesame Oil (optional)

5 MEEZ CONTAINERS

Tofu Steaks
Cashew Crust
Cabbage
Mushroom Medley
Coconut Ginger Broth

Make The Meal Your Own

Picky eaters tip – Add their favorite vegetable to the coconut ginger broth in place of the cabbage and mushrooms.

Make ahead tip – Make the soup ahead of time and cook the tofu when you're ready to eat.

Good To Know

If you're making the gluten-free version, we've left the panko breadcrumbs out of your meal; the cashews still make a great crust on their own.

If you're making the vegan version, or if you don't have an egg in the house, skip the egg wash. Olive oil will work great too.

Health snapshot per serving – 558 Calories, 27 g Protein, 6g Fiber, 21 Smart Points

Lightened up snapshot – 495 Calories, 20 g Fat and 17 Smart Points with $\frac{3}{4}$ of the tofu and cashew crust.

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

INGREDIENTS: Coconut Milk, Organic Tofu, Cabbage, Mushrooms, Cashews, Lime Juice, Soy Sauce, Brown Sugar, Panko Breadcrumbs, Lemongrass, Basil, Garlic, Ginger

meezmeals

1. Getting Organized

Preheat your oven to 375.

2. Bake the Tofu

Break an 2 egg into a small bowl along with 1 Tbsp. sesame oil (or olive oil) and mix well, then brush the **Tofu Steaks** with the mix.

Put the **Cashew Crust** into a shallow bowl and add a pinch of salt and pepper. Put each piece of tofu into the bowl and pat the cashew crust so it covers all sides.

Put the tofu on to a rimmed baking sheet and pat the remaining cashew crust on the top and sides of the tofu. Bake until crispy, about 15 to 20 minutes.

3. Make the Broth

Once the tofu is cooking, heat 2 Tbsp. olive oil in a large skillet over medium-high heat. Add the **Cabbage** and cook until it's translucent, about 5 minutes. Add the **Mushroom Medley** and cook until they start to release liquid, another 5 to 7 minutes.

Add the **Coconut Ginger Broth** and bring to a low simmer until hot to the touch.

4. Put It All Together

To serve, put the tofu in bowls, and pour the broth over top. Enjoy!

Love this recipe? #meezmagic

The cashew crust may not stick to the tofu steaks completely. That's OK.

We line our baking sheets with parchment paper to make clean up a breeze.

Instructions for two servings.

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

Tilapia Bento Burrito

One of our favorite cross-cultural fusions. We're pairing seared tilapia with carrots, edamame, snow peas and bamboo shoots, then rolling it up in a burrito with Chef Max's creamy soy-ginger aioli. Rolled up together, it's a dinner you don't want to miss.

20 Minutes to the Table

15 Minutes Hands On

1 Whisk Super Easy

Getting Organized

EQUIPMENT

- Saucepan
- Shallow Pie Pan or Plate
- Large Skillet
- Baking Sheet (Optional)

FROM YOUR PANTRY

- ½ Cup Flour
- Olive Oil
- Salt & Pepper

5 MEEZ CONTAINERS

- Rice
- Asian Vegetables
- Tilapia
- Tortillas
- Soy Ginger Aioli

Make The Meal Your Own

We love to finish our burritos in the oven, but you can also use a toaster oven or just roll up the filling and eat immediately.

Turn your leftovers into a delicious salad. Just toss any extra veggies and rice with the soy ginger aioli. You can add your own greens or top with a protein, though we think it's just as tasty without any additions.

Our tilapia is 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 corn tortillas. Toss the vegetables and rice with a little aioli, flake the fish into pieces and then fill like tacos.

Health snapshot per serving – 570 Calories, 20g Fat, 30g Protein, 50g Carbs, 14 WW+ Points

Lightened up snapshot – 485 Calories, 15g Fat, and 15 WW+ Points with ½ the rice.

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

INGREDIENTS: Tilapia, Flour Tortillas, Rice, Mayonnaise, Carrot, Snow Peas, Bamboo Shoots, Edamame, Soy Sauce, Green Onion, Mirin, Brown Sugar, Ginger, Garlic

meez meals

1. Getting Organized

Put a saucepan of water on to boil and preheat your toaster or conventional oven to 400 degrees.

*Heating your oven is optional
(see note on other side.)*

2. Cook the Rice

Add the **Rice** to the boiling water. Reduce heat to medium and simmer uncovered for 15 to 20 minutes. Drain and return to the saucepan. Cover and set aside.

3. Sauté the Vegetables

While the rice is cooking, heat 1 Tbsp oil in a large skillet on medium-high heat. Add the **Asian Vegetables** and cook, stirring occasionally, until the snow peas are bright green, about 3 to 5 minutes. Remove to a bowl or plate and wipe out the skillet.

*The veggies should be warm,
but still have some crunch to
them.*

4. 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 now-empty skillet on high heat. Add the tilapia and cook 4 minutes. Flip and cook an additional 2 minutes. Remove from the heat and let rest 5 minutes.

*Place the tilapia in the pan
gently to avoid any oil splashing.*

5. Roll and Finish the Burrito

Fill the bottom half of each **Tortilla** with vegetables, rice, tilapia and a few tablespoons of **Soy Ginger Aioli**. To wrap, fold in each of the sides, pull the bottom up over the filling and roll.

*Too hot for the oven? Just
roll up your burrito and enjoy!*

Place the burritos seam-side-down on a baking sheet and place into the oven just until warm, about 1 to 2 minutes. Serve with remaining aioli.

*Love this recipe? *meezmagic*

Instructions for two servings.

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

Chicken Pizzolo

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

25 Minutes to the Table

10 Minutes Hands On

1 Whisk Super Easy

Getting Organized

EQUIPMENT

Large Oven-Safe Skillet
Large Skillet

FROM YOUR PANTRY

Olive Oil
Salt & Pepper

5 MEEZ CONTAINERS

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

Make The Meal Your Own

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

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

Good To Know

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

Health snapshot per serving – 422 Calories, 20g Fat, 47g Protein, 11g Carbs, 10 Smart Points

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

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

meez meals

1. Getting Organized

Preheat your oven to 450.

2. Cook the Sauce

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

3. Bake the Chicken

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

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

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

4. Sauté the Greens

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

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

Love this recipe? #meezmagic

Instructions for two servings.

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

Spinach Pancakes with Basil Corn Relish

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

40 Minutes to the Table

40 Minutes Hands On

2 Whisks *Easy*

Getting Organized

EQUIPMENT

Mixing Bowl
Baking Sheet
Griddle or Skillet

FROM YOUR PANTRY

Salt & Pepper
Milk
2 Eggs & Butter

5 MEEZ CONTAINERS

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

Make The Meal Your Own

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

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

Good To Know

Health snapshot per serving – 560 Calories, 18g Protein, 40g Fat, 22 Smart Points

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

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

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

meez meals

1. Getting Organized

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

2. Mix the Pancake Batter

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

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

3. Cook the Pancakes

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

4. Put It All Together

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

Love this recipe? #meezmagic

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

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

Instructions for two servings.

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

Parmesan Lemon-Chai Rigatoni with Broccoli

Need a little sunshine in your day? This dinner has you covered. Sautéed broccoli and rigatoni get a Mediterranean treatment thanks to member-favorite lemon-chai vinaigrette and plenty of Parmesan cheese. It's a speedy meal everyone will love.

15 Minutes to the Table

15 Minutes Hands On

1 Whisk *Super Easy*

Getting Organized

EQUIPMENT

Saucepan
Large Skillet
Baking Sheet
Mixing Bowl

FROM YOUR PANTRY

Olive Oil
Salt & Pepper
Sugar (Optional)
Cayenne (Optional)

5 MEEZ CONTAINERS

Walnuts
Broccoli
Rigatoni
Lemon-Chai Vinaigrette
Parmesan Cheese

Make The Meal Your Own

Kids and picky eaters will be converted into broccoli lovers with this dinner. If any are skeptical, though, it is just as delicious with green peas.

Omnivore's Option – Sausage is a tasty addition to this recipe. Sauté it in a skillet while the broccoli is cooking and then slice and toss with the pasta.

Good To Know

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

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

Health snapshot per serving – 1142 Calories, 31g Protein, 7g Fiber, 38 Smart Points

Lightened up snapshot – 781 Calories, 55g Fat and 26 Smart points when you leave out the cheese and walnuts.

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

INGREDIENTS: Broccoli, Rigatoni, Olive Oil, Parmesan Cheese, Lemon, Walnuts, Scallions, Brown Sugar, Garlic, Spices

meez meals

1. Getting Organized

Put a saucepan of water on to boil and preheat your oven to 400 (or use your toaster oven).

2. Make the Spiced Nuts

Add 1 Tbsp each of sugar, oil and water to a large mixing bowl and stir in a pinch of cayenne. Add the **Walnuts**, coat them in the mixture and put everything on a foil-lined (or parchment-lined) baking sheet. Bake 10 to 12 minutes; stir every 3 minutes, making sure to scrape up all of the good stuff on the bottom.

Chef Max suggests cayenne, but if you don't have it, feel free to use your favorite chili flakes or chili powder.

Your nuts are done when the sauce begins to stick to them.

3. Sauté the Broccoli

Heat 1 Tbsp olive oil in a large skillet over high heat. Add the **Broccoli** and cook until golden brown in places, about 7 to 12 minutes. Turn over and cook the other side until golden brown.

4. Cook the Rigatoni

While the broccoli is cooking, salt the boiling pasta water and add the **Rigatoni**. Cook until al dente, about 8 to 12 minutes. Drain and set aside.

5. Put It All Together

Add the broccoli to the rigatoni with half of the **Lemon-Chai Vinaigrette**. Toss well, then serve topped with the spiced nuts and **Parmesan Cheese**, plus more vinaigrette to taste. Enjoy!

Love this recipe? #meezmagic

Instructions for two servings.

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

Roasted Squash Personal Pizza

30 *Minutes to the Table*

10 *Minutes Hands On*

1 Whisk *Super Easy*

Getting Organized

EQUIPMENT

Baking Sheet

FROM YOUR PANTRY

Olive Oil

Flour

4 MEEZ CONTAINERS

Butternut Squash

Pizza Dough

White Bean

Alfredo

Mozzarella &

Parmesan

Good to Know

Take the pizza dough out of the fridge 15 minutes before you're ready to start cooking.

Omnivore's Option - Sliced salami or pepperoni are great additions. Layer them on the pizza crust with the cooked squash.

Health Snapshot per serving (serves 1)

844 Calories, 34g Fat, 86g Carbs, 54g Protein

26 Smart Points

Lightened up snapshot (1/4 cheese, 1/2 alfredo)

600 Calories, 22g Fat, 80g Carbs, 16 Smart Points

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

INGREDIENTS: Whole Wheat Pizza Dough, Butternut Squash, Great Northern Beans, Mozzarella Cheese, Parmesan Cheese, Half and Half, Garlic, Herbs and Spices

meezmeals

1. Getting Organized

Preheat your oven to 425 and take the pizza dough out of the fridge.

2. Roast the Squash

Toss the **Butternut Squash** with 1 Tbsp of oil and spread in a single layer on a baking sheet. Roast until lightly browned and tender, about 7 to 10 minutes, then move to the side of the pan so you have room to build the pizza.

3. Make the Pizza

While the squash is cooking, sprinkle your counter with a little flour and stretch the **Pizza Dough** into shape. The size and thickness are up to you, but we target about ¼" thickness. Our pizzas are usually about 4" wide and 7" long, but you can make yours however you like it.

Transfer the dough to the baking sheet. Spread the **White Bean Alfredo** on the dough and then top with ¼ of the **Mozzarella & Parmesan** and the roasted squash. Top with the remaining cheese and bake until the crust is brown and the cheese is melted, about 15 minutes.

Love this recipe? #meezmagic

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

Buttermilk Blue Cheese & Apple Salad

5 Minutes to the Table

5 Minutes Hands On

Getting Organized

EQUIPMENT

Mixing Bowl

FROM YOUR PANTRY

Salt & Pepper

3 MEEZ CONTAINERS

Apple

Celery, Cranberries
and Pecans

Buttermilk Blue

Cheese Dressing

Put It All Together

Make the salad up to 2 days ahead. Wash and cut the **Apple** into bite-size pieces, then put into a mixing bowl with the **Celery, Cranberries and Pecans** and half of the **Buttermilk Blue Cheese Dressing**. Add salt and pepper and more vinaigrette to taste.

Good to Know

Want to make it to your own? Crumbled bacon or sliced chicken are both great on this.

Health Snapshot per serving (serves 2)

655 Calories, 45g Fat, 40g Carbs, 30g Protein, 22 Smart Points

Have Questions?

We're standing by at 773.916.6339

INGREDIENTS: Apple, Celery, Buttermilk, Cranberries, Pecans, Mayonnaise, Blue Cheese, Garlic, Herbs and Spices

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

Health Snapshot

Tahitian Chicken Paella	Chicken Pizzolo	Steak Quinoa Bowl	Tokyo Tilapia Burrito	Cashew Tofu
717 Calories	422 Calories	399 Calories	570 Calories	650 Calories
52 g Protein	47 g Protein	44 g Protein	30 g Protein	35 g Protein
29 g Fat	20 g Fat	15 g Fat	20 g Fat	35 g Fat
67 g Carbs.	11 g Carbs.	22 g Carbs.	50 g Carbs.	80 g Carbs.
5 g Fiber	0.7 g Fiber	5 g Fiber	15 g Fiber	15 g Fiber
2866 mg Sodium	383 mg Sodium	513 mg Sod.	525 mg Sod.	960 mg Sodium
22 Smart Points	10 Smart Points	10 Smart Points	14 WW+ Points	20 WW+ Points
62% Vitamin B6	115% Vitamin C	100% Vitamin A	100% Vitamin A	120% Calcium
291% Vitamin C	30% Vitamin A	67% Vit- B12	40% Vitamin C	90% Vitamin C
30% Calcium	30% Vitamin B-6	40% Vitamin C	10% Calcium	40% Iron

Lighten Up Option

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

Chicken	Pizzolo	Quinoa Bowl	Burrito	Tofu
No cashews	No Changes	No change	½ rice	¾ tofu and cashew crust
456 Calories	422 Calories	399 Calories	485 Calories	430 Calories
8 g Fat	20 g Fat	15 g Fat	15 g Fat	20 g Fat
14 Smart Points	10 Smart Points	10 Smart Points	12 WW+ Points	17 WW+ Points

Health Snapshot

Spinach Pancakes

560 Calories
18 g Protein
40 g Fat
35 g Carbs.
6 g Fiber
436 mg Sod.

22 Smart Points

24% Vit. C
16% Folate
8% Calcium

Vegetables with Toasted Gnocchi

655 Calories
30 g Protein
20 g Fat
90 g Carbs.
15 g Fiber
1,060 mg Sod

16 WW+ Points

50% Vitamin A
45% Folate
40% Vitamin C

Lemon Chai Rigatoni

850 Calories
35 g Protein
60 g Fat
45 g Carbs.
10 g Fiber
980 mg Sod.

23 WW+ Points

340% Vitamin C
80% Calcium
70% Vitamin A

Blue Cheese & Apple Salad

250 Calories
5 g Protein
15 g Fat
20 g Carbs.
10 g Fiber
715 mg Sod.

7 WW+ Points

25% Vitamin C
20% Vitamin A
15% Vitamin B-6

Roasted Squash Pizza

695 Calories
40 g Protein
20 g Fat
90 g Carb.
20 g Fiber
1,530 mg Sod.

18 WW+ Points

190% Vitamin A
80% Calcium
40% Vitamin C

Lighten Up Option

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

Pancakes

½ the cream cheese

500 Calories
10 g Fat
14 Smart Points

Gnocchi

½ sauce, ¾ gnocchi

500 Calories
10 g Fat
13 WW+ Points

Rigatoni

½ the cream cheese

500 Calories
10 g Fat
13 WW+ Points

Salad

No changes

250 Calories
15 g Fat
7 WW+ Points

Pizza

¼ cheese, ½ alfredo

500 Calories
10 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.