

Kung Pao Edamame with Udon Noodles

We're hooked on Kung Pao sauces. The spicy sweet flavor just makes stir-fries come to life. We're cooking our version with edamame, carrots and red peppers, then serving it over udon noodles with some peanuts to finish it all off. It's a speedy meal perfect any night of the week.

15 Minutes to the Table

15 Minutes Hands On

1 Whisk *Super Easy*

Getting Organized

EQUIPMENT

Large Skillet
Saucepan

FROM YOUR PANTRY

Olive Oil
Salt & Pepper

4 MEEZ CONTAINERS

Asian Vegetables
Sesame Soy Sauce
Udon Noodles
Peanuts

Make The Meal Your Own

Cooking with a picky eater? Use just half the sauce and add more to taste.

Omnivore's Option – Shrimp is great in this dish. Cook it along with the vegetables and sauce.

Want a little extra kick? Add a pinch of crushed red pepper to the final dish.

Good To Know

If you're making the gluten-free version, we've given you rice noodles, instead. Cook until tender, about 5 minutes, drain and rinse under cold water.

Health snapshot per serving – 493 Calories, 19g Protein, 7g Fiber, 16 Smart Points

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

INGREDIENTS: Edamame, Udon Noodles, Carrots, Red Peppers, White Wine, Peanuts, Soy Sauce, Sambal, White Vinegar, Brown Sugar, Sesame Oil, Garlic

meezmeals

1. Getting Organized

Bring a large pot of water to a boil.

2. Cook the Udon Noodles

Salt the boiling water and add the **Udon Noodles**. Cook until they are soft, about 5 to 7 minutes, then drain.

3. Cook the Vegetables

As soon as the noodles are cooking, heat 1 Tbsp olive oil in a large skillet over high heat. When the oil is smoking, add the **Asian Vegetables** and cook until the edamame are tender, about 5 to 7 minutes. Add the **Sesame Soy Sauce** and cook until hot, about 2 to 3 minutes. Season with salt and pepper to taste.

4. Put It All Together

Plate the udon noodles, then add the veggies and finish the dish with a sprinkling of **Peanuts**. Enjoy!

Love this recipe? #meezmagic

A large pot of water gives the noodles lots of room to cook properly.

Instructions for two servings.

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

Crisp Salmon with Olive Tapenade

We're topping pan-fried salmon with our new favorite tapenade. It has kalamata olives, plus a not-so-secret ingredient: sweet cherries. Sound strange? Cherries balance the olives, making a combo that's perfect over crispy salmon. Served over Dijon Brussels sprouts and fingerling potatoes, it's a gourmet taste in just 20 minutes.

20 Minutes to the Table

20 Minutes Hands On

1 Whisk Super Easy

Getting Organized

EQUIPMENT

- 2 Skillets
- Shallow Pie Pan or Plate

FROM YOUR PANTRY

- ½ Cup Flour
- Olive Oil
- Salt & Pepper

5 MEEZ CONTAINERS

- Fingerling Potatoes
- Brussels Sprouts
- Salmon
- Olive Tapenade
- Mustard Vinaigrette

Make The Meal Your Own

Picky Eaters Tip – Cooking with someone who doesn't love Brussels sprouts? Cook the potatoes and Brussels separately, and keep all of their Brussels sprouts for yourself!

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

Our salmon is sustainably raised and is free from dyes, antibiotics and industrial grain-based diets.

Good To Know

Health snapshot per serving – 716 Calories, 43g Fat, 40g Protein, 44g Carbs, 20 Smart Points

Lighten up – 530 Calories, 30g fat, 16 Smart Points, half the mustard vinaigrette and fingerling potatoes

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

INGREDIENTS: Wild-Caught Salmon, Fingerling Potatoes, Brussels Sprouts, Olive Oil, Kalamata Olives, Apple Cider Vinegar, Green Onion, Dijon Mustard, Brown Sugar, Dried Cherries, Garlic, Herbs

meezmeals

1. Prep the Potatoes

Cut the **Fingerling Potatoes** in half lengthwise and then cut across to create small, even pieces, about ½" each.

2. Make the Dijon Brussels & Potatoes

Heat 1 Tbsp oil in a large skillet over high heat. Add the cubed potatoes and cook, stirring occasionally, until starting to brown on the edges, 3 to 5 minutes. Add the **Brussels Sprouts** along with a generous pinch of salt and pepper and cook, stirring, until the Brussels are well browned and the potatoes are fork tender, about 10 to 15 minutes. Mix half of the **Mustard Vinaigrette** into the cooked Brussels and potatoes.

3. Cook the Salmon

While the hash is cooking, pour ½ cup flour in a shallow pie pan or on to a plate and add a generous pinch of salt and pepper. Pat the **Salmon** fillets dry with a paper towel and coat with the flour, making sure each fillet is covered with a thin layer. Repeat this process with remaining salmon.

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

Heat 2 Tbsp of oil in a large skillet on high heat. Add the salmon and cook until it colors about halfway up the sides, about 4 minutes. Flip and cook an additional 2 minutes. Remove from the heat and let rest 5 minutes.

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

4. Put It All Together

Serve the veggies topped with salmon. Spread the **Olive Tapenade** on the salmon to taste and drizzle the finished dish with remaining mustard vinaigrette.

*Love this recipe?
#meezmagic*

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, 15 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

meezmeals

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 ¼" to ½" 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 ¼ 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.
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, 10 g Protein, 10 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

meezmeals

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

Fontina Baked Chicken

A classic Italian recipe and guaranteed crowd pleaser. With melted Fontina, crispy breadcrumbs and balsamic-glazed greens, all drizzled with an Italian cream sauce, it's a restaurant-worthy meal on the table in just 30 minutes.

30 *Minutes to the Table*

15 *Minutes Hands On*

2 Whisks *Easy*

Getting Organized

EQUIPMENT

Large Oven-Safe Skillet
Large Skillet

FROM YOUR PANTRY

Olive Oil
Salt & Pepper

6 MEEZ CONTAINERS

Chicken Breast
Roasted Red Peppers
Fontina & Breadcrumbs
Cream Sauce
Spinach & Kale
Balsamic Glaze

Make The Meal Your Own

Have leftovers? These flavors are delicious with pasta. Just cook up your favorite and toss with the leftovers.

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

Good To Know

Be sure to generously season your chicken with salt and pepper before cooking. Chef Max recommends using $\frac{1}{4}$ tsp of each.

Health snapshot per serving – 574 Calories, 22g Fat, 50g Protein, 40g Carbs, 17 Smart Points

INGREDIENTS: Free-Range Chicken, Roasted Red Pepper, Spinach, Fontina Cheese, Half & Half, White Wine, Kale, Panko Breadcrumbs, Balsamic Vinegar, Italian Breadcrumbs, Brown Sugar, Garlic, Herbs

meez *meals*

1. Getting Organized

Preheat your oven to 400.

2. Prep and Cook the Chicken

Rinse the **Chicken Breast** under cold water and pat dry with a towel. Generously sprinkle with salt and pepper (we use ¼ tsp salt and ¼ tsp pepper, so use about half per side, or more if you like).

Heat 1 tsp oil in a large oven-safe skillet over high heat. When the oil is hot, add the chicken to the pan. Cook, without moving or flipping, until the bottom is browned and each piece begins to color up the side, about 3 minutes. Flip and continue cooking until the other side is well browned, about 3 more minutes. Turn off the heat.

The chicken will not be fully cooked at this point, but it will continue cooking in the oven.

3. Bake the Chicken

Lay the **Roasted Red Peppers** evenly on top of the chicken breasts. Top with **Fontina & Breadcrumbs**, pressing down to cover the peppers and the entire chicken breast.

Pour the **Cream Sauce** into the bottom of the pan and return pan to high heat. As soon as the sauce begins to boil, turn off the heat and place the skillet into the oven. Bake until the breadcrumbs are golden brown and the sauce has thickened, about 12 to 15 minutes.

The sauce will be very thick. We like it that way, but if you prefer a thinner sauce, add 1-2 Tbsp of water to the pan after it's been in the oven 5 minutes.

4. Sauté the Greens

Heat 1 tsp oil in a large skillet over high heat. Add the **Spinach & Kale** and cook until lightly wilted, but still bright green, about 2 minutes. Stir in **Balsamic Glaze**, coating the greens, until thickened. Drain any excess liquid from the pan.

If you're cooking your greens in batches, use 1 tsp of oil per batch.

Serve the glazed greens alongside the baked chicken.

*Love this recipe?
#meezmagic*

Barbequed Sweet Potato Couscous Gratin

We're turning the whole idea of an au gratin on its head this week. Forget the heavy, cream-based staples of classic French cooking. Instead, we're layering pearl couscous, broiled sweet potatoes with a smoky barbeque sauce, and mozzarella. Then, we top it off with crispy kale for a vitamin-packed twist.

40 Minutes to the Table

10 Minutes Hands On

1 Whisk Super Easy

Getting Organized

EQUIPMENT

Oven-Safe
Saucepan
Rimmed Baking
Sheet

FROM YOUR PANTRY

Olive Oil
Salt & Pepper

5 MEEZ CONTAINERS

Sweet Potatoes
Pearl Couscous
Barbeque Sauce
Mozzarella & Cherries
Kale

Make The Meal Your Own

Want this meal in a flash? Prepare the sweet potatoes and couscous in advance. When it's time for dinner, assemble the casserole and sauté the kale. You'll be eating in 15 minutes.

Kids and picky eaters can eat their kale on the side.

Dedicated omnivores can add ribs. Barbeque and ribs were made for each other.

Good To Know

If you're making the vegan version, we've left the cheese out. It's just as delicious without it.

If you're making the gluten-free version, we've given you quinoa instead of couscous. Cooking it up is easy. Just bring 2 ½ cups of water to a boil, then add the quinoa and a dash of salt. Cover and lower the heat to a simmer. Cook for 12-15 minutes, until the grain looks spiraled. Fluff it and let it sit covered for 5 minutes.

Health snapshot per serving – 641 Calories, 22g Protein, 11g Fiber, 17 WW+ Points

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

INGREDIENTS: Sweet Potatoes, Kale, Pearl Couscous, Barbeque Sauce, Mozzarella Cheese, Parmesan Cheese, Cherries, Garlic

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1. Getting Organized

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

2. Roast the Sweet Potatoes

Put the **Sweet Potatoes** onto a rimmed baking sheet. Drizzle with olive oil, salt and pepper and bake until the edges are crispy, about 15 to 25 minutes.

3. Cook the Couscous

Once the sweet potatoes are cooking, start the couscous. Salt the boiling water generously, then add the **Pearl Couscous** and cook for just 5 minutes, then drain and rinse.

The couscous won't be done cooking in this first step. We're just pre-cooking it.

4. Assemble the Casserole

Turn the oven down to 300 and put the couscous back into the saucepan or, if it's not oven-safe, into a casserole dish. Add the cooked sweet potatoes, **Barbeque Sauce** and ¼ cup water and mix well, then top with the **Mozzarella & Cherries**. Bake until the top is lightly browned and melty, about 12 to 15 minutes.

5. Sauté the Kale

Once the gratin gets into the oven, arrange the **Kale** on your rimmed baking sheet. Drizzle with olive oil, salt and pepper, and bake until softened and crisp on the edges, about 15 minutes. Serve the gratin topped with the kale and enjoy!

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 16 SmartPoints 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

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)

662 Calories, 30g Fat, 60g Carbs, 38g Protein
21 Smart Points

Lightened up snapshot (1 slice of bread)

560 Calories, 15g Fat, 30g Carbs, 16 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

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Buddha Salad Bowl

5 Minutes to the Table

5 Minutes Hands On

Getting Organized

EQUIPMENT

Mixing Bowl

FROM YOUR PANTRY

Salt & Pepper

5 MEEZ CONTAINERS

Bamboo Shoots

Baked Tofu

Cooked Brown Rice

Cabbage & Carrots

Soy-Ginger Aioli

Put It All Together

Toss the **Bamboo Shoots, Baked Tofu, Cooked Brown Rice** and **Cabbage & Carrots** together in a mixing bowl with half of the **Soy-Ginger Aioli**. Mix well, season with salt and pepper and add more aioli to taste.

Good to Know

Health Snapshot per serving

805 Calories, 53g Fat, 55g Carbs, 32g Protein
25 Smart Points

Have Questions?

We're standing by at 773.916.6339

INGREDIENTS: Cabbage, Tofu, Bamboo Shoots, Brown Rice, Carrots, Mayonnaise, Green Onions, Tamari, Brown Sugar, Rice Wine Vinegar, Ginger, Sesame Seeds

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

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

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Quick Tips

Kung Pao Edamame with Udon Noodles

15 Min to Table	15 Min Hands On	1 Whisk Super Easy
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Getting Started Bring a large pot of water to a boil.

Omnivore Option Shrimp is great in this dish.

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.

Crisp Salmon with Olive Tapenade

20 Min to Table	20 Min Hands On	1 Whisk Super Easy
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Getting Started Cut the fingerling potatoes into ½" rounds.

Picky Eaters Tip Cook the Brussels sprouts and potatoes separately.

Mexican Stuffed Peppers

45 Min to Table	15 Min Hands On	1 Whisk Super Easy
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Getting Started Preheat your oven to 400.

Omnivore Option Ground turkey is a tasty choice.

From Your Pantry You'll need some olive oil, salt and pepper for this.

Chicken Enchiladas Rojas

40 Min to Table	20 Min Hands On	1 Whisk Super Easy
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Getting Started Preheat oven to 375.

Picky Eaters Tip Replace the cauliflower with another vegetable.

Fontina Baked Chicken

30 Min to Table	15 Min Hands On	2 Whisk Easy
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Getting Started Preheat oven to 400.

Leftovers tip Serve the leftovers over pasta.

Barbequed Sweet Potato Couscous Gratin

40 Min to Table	10 Min Hands On	1 Whisk Super Easy
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Getting Started Preheat your oven to 400 and put water on to boil .

Omnivore Option Ribs are a great addition.

Chile Relleno Burrito

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

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

Mediterranean Grilled Cheese

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

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

Buddha Salad Bowl

15 Min to Table	10 Min Hands On	1 Whisk Super Easy
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Getting Started No pre-work needed.



Dijon Roasted Broccoli Florets

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

Omnivore Option Bacon would make a great addition.

Health Snapshot

Kung Pao Edamame

493 Calories
19 g Protein
23 g Fat
53 g Carbs.
7 g Fiber
1,479 mg Sod.

16 Smart Points

79% Vit. A
47% Vit. C
4% Calcium

Salmon Tapanade

716 Calories
40 g Protein
43 g Fat
44 g Carbs.
6 g Fiber
438 mg Sod.

20 Smart Points

131% Vitamin C
92% Vit. B-6
86% Vit. B-12

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

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

Mexican Stuffed Peppers

451 Calories
19 g Protein
10 g Fat
78 g Carbs
12 g Fiber
236 mg Sodium

16 Smart Points

289% Vitamin C
26% Calcium
18% Vitamin A

Lighten Up Option

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

Kung Pao

No Changes

493 Calories
23 g Fat
16 Smart Points

Tapanade

½ the sauce and potatoes

530 Calories
30 g Fat
16 Smart Points

Enchiladas

½ cheese

490 Calories
15 g Fat
11 Smart Points

Curry

No changes

395 Calories
10 g Fat
13 Smart Points

Peppers

No change

451 Calories
10 g Fat
16 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

Fontina Chicken

574 Calories
51 g Protein
22 g Fat
40 g Carbs.
3 g Fiber
534 mg Sod.

17 Smart Points

111% Vit. A
196% Vitamin C
30% Calcium

Barbequed Couscous

641 Calories
22g Protein
10 g Fat
117 g Carbs.
11 g Fiber
1071 mg Sod.

21 Smart Points

342% Vitamin A
110% Vitamin C
32% Calcium

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

Grilled Cheese

662 Calories
38 g Protein
30 g Fat
60 g Carbs.
4 g Fiber
1318 mg Sod.

21 Smart Points

76% Calcium
5% Vitamin C
25% Iron

Buddha Salad Bowl

805 Calories
32 g Protein
53 g Fat
55 g Carbs.
11 g Fiber
2343 mg Sodium

15 Smart Points

106% Vitamin A
68% Vitamin C
13% Folate

Dijon Roasted Broccoli

368 Calories
5 g Protein
35 g Fat
7 g Carbs.
4 g Fiber
200 mg Sod.

12 Smart Points

17% Vit. E
6% Calcium
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.

Chicken

No changes

574 Calories
22 g Fat
16 Smart Points

Couscous

No changes

641 Calories
10 g Fat
21 Smart Points

Burrito

No tortillas

390 Calories
15 g Fat
16 Smart Points

Sandwich

1 slice of bread

560 Calories
15 g Fat
16 Smart Points

Buddha Bowl

No changes

600 Calories
40 g Fat
17 WW+ Points

Broccoli

No changes

368 Calories
35 g Fat
12 Smart Points