

Spicy Argentinean Black Beans & Rice Bowl

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

40 Minutes to the Table

20 Minutes Hands On

1 Whisk Super Easy

Getting Organized

EQUIPMENT

Rimmed Baking Sheet
2 Saucepans
Mixing Bowl

FROM YOUR PANTRY

Olive Oil
Salt & Pepper

4 MEEZ CONTAINERS

Brown Rice
Sweet Potatoes
Chimichurri Salsa
Black Beans & Onions

Make The Meal Your Own

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

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

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

Good To Know

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

Health snapshot per serving – 947 Calories, 34 g Protein, 34 g Fiber, 27 Smart Points

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

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

meezmeals

1. Getting Organized

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

2. Cook the Rice

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

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

3. Roast the Sweet Potatoes

While the rice is cooking, put the **Sweet Potatoes** on to a rimmed baking sheet and drizzle with olive oil, salt and pepper. Toss well, then arrange in a single layer and bake until tender, about 20 to 25 minutes.

4. Make the Chimichurri Salsa

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

5. Cook the Black Beans

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

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

Love this recipe? #meezmagic

Instructions for two servings.

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

Salmon with Lemon & Asparagus

Lemon brings out the best in salmon. Particularly when it's part of a white wine and caper sauce. Together, they add a brightness and sophistication that can't be beat. Add fresh asparagus, and you have a recipe the family will love.

25 Minutes to the Table

25 Minutes Hands On

2 Whisks *Easy*

Getting Organized

EQUIPMENT

Mixing Bowl
Shallow Pie Pan or Plate
Large Skillet

FROM YOUR PANTRY

½ Cup Flour
1 ½ Tbsp Butter
Olive Oil
Salt & Pepper

4 MEEZ CONTAINERS

Asparagus & Fennel
Salmon
Capers & Sunflower
Seeds
White Wine Lemon
Sauce

Make The Meal Your Own

Speed Trick – Use 2 skillets and cook the asparagus and salmon at the same time.

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.

Not sure about fennel? Forget its reputation for having a strong licorice flavor. Once it's sautéed with asparagus and paired with our lemon sauce, it mellows out and adds a great texture and depth of flavor that we just love.

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

Good To Know

Health snapshot per serving – 751 Calories, 39g Fat, 73g Protein, 16g Carbs, 19 Smart Points

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

INGREDIENTS: Wild-Caught Salmon, Asparagus, White Wine, Fennel, Capers, Sunflower Seeds, Lemon Juice, Brown Sugar, Garlic, Lemon Zest, Miso, Concentrated Vegetable Stock, Herbs

meez *meals*

1. Cook the Asparagus

Heat 1 Tbsp oil in a large skillet over medium-high heat. Add the **Asparagus & Fennel** and cook until the asparagus is bright green and the fennel is just starting to brown, about 5 to 7 minutes. Remove to a bowl or serving dish. Wipe out the skillet and return to the stove.

2. Cook the Salmon

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. Repeat this process with remaining salmon pieces.

Heat 2 Tbsp of oil in a large skillet on high heat. Add the salmon and cook 4 minutes. Flip and cook an additional 2 minutes. Remove the salmon fillets to the bowl or serving dish with the asparagus and fennel. Pour out any excess oil from the pan.

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

3. Make The Lemon Caper Sauce

Return the now-empty skillet to the stove over medium-high heat. Add the **Capers & Sunflower Seeds** and cook, stirring, until the seeds start to brown and the capers begin to pop, 2 to 5 minutes. Pour the **White Wine Lemon Sauce** into the pan and simmer until the liquid has reduced by half, about 5 to 7 minutes.

It's OK if your skillet still has a little flour from the salmon - it will help thicken the sauce.

Remove the skillet from the heat and stir 1 ½ Tbsp butter into the sauce. Pour the lemon caper sauce over the salmon and asparagus to serve. Enjoy!

Finishing with butter gives the sauce its body. Resist the urge to skip on it.

Love this recipe? #meezmagic

Instructions for two servings.

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

Sweet Basil Chicken Tacos with French Style Slaw

A delicious spin on a chicken taco. We're cooking free-range chicken in an Asian inspired sauce, then pairing it with a French-style crunchy broccoli and cabbage slaw. All packed into a taco, it's sure to become a household favorite.

35 Minutes to the Table

15 Minutes Hands On

1 Whisk Super Easy

Getting Organized

EQUIPMENT

- Mixing Bowl
- Medium Saucepan with Lid
- Small Skillet (optional)

FROM YOUR PANTRY

- Olive Oil
- Salt & Pepper

5 MEEZ CONTAINERS

- Cabbage & Carrots
- Coleslaw Dressing
- Chicken Breast
- Sweet Basil Sauce
- Tortillas

Make The Meal Your Own

Picky eater tip – Mix the carrots and cabbage with the saucy chicken instead of the coleslaw dressing.

Leftovers tip - Coleslaw makes a great base for a salad. Mix it with your favorite greens and veggies to create a whole new meal.

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

Health snapshot per serving – 735 Calories, 27g Fat, 46g Protein, 70g Carbs, 23 Smart Points

Lightened up snapshot – 490 Calories, 15g Fat, 16 Smart Points with one less tortilla and ½ coleslaw dressing.

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

INGREDIENTS: Free-Range Chicken, Corn Tortillas, Green Cabbage, Carrot, Mirin, Mayonnaise, Red Cabbage, White Wine Vinegar, Brown Sugar, Soy Sauce, Apple Cider Vinegar, Lemon Juice, Basil, Garlic, Spices

meezmeals

1. **Make the Coleslaw**

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

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).

3. **Cook the Chicken**

Heat 1 Tbsp of oil in a medium saucepan over high heat. Add the **Chicken Strips** and cook until brown on the bottom, about 3 to 5 minutes. Flip the chicken and cook until completely browned, 3 to 5 more minutes.

Add the **Sweet Basil Sauce** and ½ cup of water to the pan. Reduce heat to medium, cover and cook until chicken is cooked through and tender, about 8 to 10 minutes. Remove the cover, add a generous pinch of salt and pepper and continue to cook until the sauce thickens, about 3 to 5 minutes. Remove from the heat.

The easiest way to tell if the chicken is fully cooked is to use tongs or two forks to see if it pulls apart. If it does, it's done.

4. **Heat the Tortillas**

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

5. **Put It All Together**

Serve the tacos filled with sweet basil chicken topped with coleslaw. Enjoy!

Love this recipe? #meezmagic

Instructions for two servings.

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

Bistro Steak with Pesto Penne

An Italian classic. We're tossing grass-fed sirloin steak (bisteca) with a creamy basil pesto (genovese). With sautéed spinach, mushrooms and whole grain shells, it's a 15-minute meal we couldn't stop eating.

15 Minutes to the Table

15 Minutes Hands On

1 Whisk *Super Easy*

Getting Organized

EQUIPMENT

Saucepan
Mixing Bowl
Skillet

FROM YOUR PANTRY

Olive Oil
Salt & Pepper

6 MEEZ CONTAINERS

Whole Wheat Pasta
Basil Pesto Cream
Mushrooms
Sirloin
Spinach
Parmesan

Make The Meal Your Own

This dish is delicious cold and can be made in advance. Cook everything up to 2 days in advance and then use as a grab-and-go lunch or as a simple, no-cook weeknight dinner.

Picky Eater Tip – The mushrooms are packaged separately, so you can serve them just to the diners who love them.

Our beef comes from a local farm down the road in Aurora, Ill. The cows are raised on open pastures with care and dedication and are free of any antibiotics or growth-promoting hormones.

Good To Know

Be sure to generously season your beef 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 – 696 Calories, 66g Protein, 35g Fat, 29g Carbs, 20 Smart Points

Lightened up snapshot – 500 Calories, 20g Fat and 15 Smart points if you use ¾ of the sauce and no parmesan on top.

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

INGREDIENTS: Grass-Fed Beef Sirloin, Spinach, Cremini Mushrooms, Whole Wheat Pasta, Parmesan, Heavy Cream, Basil, White Wine, Lemon Juice, Garlic

meezmeals

1. **Get Organized**

Put a saucepan of water on to boil.

2. **Cook the Pasta**

Add the **Whole Wheat Pasta** to the boiling water and cook until al dente, about 7 to 9 minutes. Drain and return to the saucepan. Stir half of the **Basil Pesto Cream** into the warm pasta to coat.

3. **Brown the Mushrooms**

While the pasta is cooking, heat 1 Tbsp oil in a large skillet over high heat. Add the **Mushrooms** and cook, stirring occasionally, until golden brown, about 3 to 5 minutes. Remove the mushrooms to a bowl.

4. **Cook the Beef**

Return the now-empty skillet to the stove with 1 tsp oil over high heat. While the skillet is heating, pat the **Sirloin** 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 beef. Cook it, without stirring, until the bottom browns and the sides start to color, about 45 to 60 seconds.

- **If you prefer your beef medium-rare**, flip it, give it a good stir, and then immediately remove to the bowl with the mushrooms.
- **If you prefer your beef medium**, flip it and continue cooking for 30 seconds to 1 minute until fully browned. Remove to the bowl with the mushrooms.
- **If you prefer your beef well done**, flip it and continue cooking for 1 minute. Remove to the bowl with the mushrooms.

5. **Cook the Spinach**

Return the skillet to the stove over medium heat. Add the **Spinach** and cook until lightly wilted, about 2 minutes.

6. **Put It All Together**

Serve the pasta topped with spinach, mushrooms and sirloin. Sprinkle the **Parmesan** over the top and drizzle with extra pesto cream to taste.

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

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.

Instructions for two servings.

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

Southern Sweet Corn and Cheddar Strata

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

65 Minutes to the Table

5 Minutes Hands On

1 Whisk Super Easy

Getting Organized

EQUIPMENT

Loaf Pan or 10x10
Casserole Dish
Mixing Bowl

FROM YOUR PANTRY

Salt & Pepper
Butter or
Cooking Spray
1 1/2 cup Milk or
Half & Half

4 MEEZ CONTAINERS

Sourdough Bread
Corn & Scallions
Cheddar & Parmesan
Egg Mix

Make The Meal Your Own

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

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

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

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

Good To Know

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

Health snapshot per serving – 741 Calories, 38g Protein, 6g Fiber, 24 Smart Points

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

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

meezmeals

1. Getting Organized

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

2. Assemble the Strata

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

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

3. Bake the Strata

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

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

Love this recipe? #meezmagic

Instructions for two servings.

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

Bento Burrito with Soy-Ginger Aioli

Asian rice bowl meets Mexican comfort food. This dinner starts as a classic stir-fry with edamame, carrots, snow peas and bamboo shoots, then is magically transformed into something really special. The magic comes from Chef Max's creamy soy-ginger aioli, which adds a richness to rice and veggies that we love. And rolling it all up to eat as a burrito is just plain fun.

Read Before You Begin

Getting Organized

EQUIPMENT

Rimmed Baking Sheet
Saucepan
Large Skillet

FROM YOUR PANTRY

Olive Oil
Salt & Pepper

5 MEEZ CONTAINERS

Jasmine Rice
Edamame
Asian Veggies
Flour Tortillas
Ginger-Soy Aioli

INGREDIENTS: Edamame, Carrots, Tortillas, Snow Peas, Bamboo Shoots, Mayonnaise, Jasmine Rice, Green Onions, Soy Sauce, Brown Sugar, Ginger, Garlic

25 *Minutes to the Table*

20 *Minutes Hands On*

1 Whisk *Super Easy*

- **As soon as you think about dinner** – Preheat your oven to 400 and bring 2 *cups of water to a boil.
- **If you're making the gluten-free version**, we've give you corn tortillas for tacos instead. Just mix half of the aioli with the rice and veggies and fill the tortillas.
- **If you're making the vegan version**, we've left the mayonnaise out of your aioli. Add a little vegenaise, yogurt or sesame oil to round it out.
- **Cooking with a picky eater?** Serve as rice bowl topped with the veggies.
- **Need some help rolling a burrito?** It's easier than you think. Put the filling on the lower half of the tortilla. Fold the sides in, pull the bottom up over the filling and roll.
- **Health snapshot per serving** – 683 Calories, 23g Protein, 5g Fiber, 28 Smart Points
- **Lightened up snapshot** – 423 Calories, 24 g Fat and 14 Smart Points as a tortilla-free rice bowl
- **Have questions?** The dinner hotline is standing by at 773.916.MEEZ from 5 to 8 pm.

meez*meals*

1. Get Organized

Preheat your oven to 400 and bring 2 cups of water to a boil.

2. Cook the Rice

Rinse the **Jasmine Rice** then add to your boiling water. Turn the heat to a low simmer and cook, covered, until the rice is fluffy and the water has been absorbed, about 15 to 20 minutes. Set aside.

Chef Max stirs his rice halfway through the cooking time.

3. Roast the Edamame

As soon as the rice is cooking, put the **Edamame** onto a rimmed baking sheet and drizzle with olive oil. Cook until golden brown in places, then try one. If it has a light crunch, it's ready to eat. It will take 10 to 15 minutes. Set aside, but leave the oven on

Stir the edamame once or twice while it's cooking.

4. Sauté the Vegetables

While the edamame is cooking, heat 2 Tbsp olive oil in a large skillet over high heat. When the oil is hot, add the **Asian Veggies** and cook until the carrots are just tender, about 7 to 10 minutes, mixing frequently. Take off the heat and add salt and pepper to taste, then mix in the roasted edamame.

5. Make the Burritos

Heat the **Flour Tortilla(s)** in the oven for a minute until warm and pliable, but not crispy. Lay flat and top with the cooked rice, Asian veggies and a dollop of **Soy-Ginger Aioli**. (Reserve half to add to taste at the end.) Roll and bake, seam-side down on the edamame baking sheet, until the tortilla is warm, but not brown, about 5-7 minutes. Serve with the reserved aioli and enjoy!

You want to keep a compact bundle, so keep the tortilla wrapped tightly around the filling.

Love this recipe? #meezmagic

Instructions for two servings.

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

Herb-Roasted Chicken with Fingerling Potatoes

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

65 Minutes to the Table

10 Minutes Hands On

1 Whisk Super Easy

Getting Organized

EQUIPMENT

Deep Casserole Dish or
Roasting Pan

FROM YOUR PANTRY

1 Tbsp Flour
Olive Oil
Salt & Pepper

6 MEEZ CONTAINERS

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

Make The Meal Your Own

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

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

Good To Know

Health snapshot per serving – 388 Calories, 14g Fats, 26g Protein 29g Carbs, 11 Smart Pts

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

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

meez meals

1. Getting Organized

Preheat your oven to 425 degrees.

2. Prep the Chicken and Potatoes

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

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

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

3. Roast the Chicken

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

4. Finish the Sauce

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

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

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

Love this recipe? #meezmagic

Instructions for two servings.

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

Farro with Sauteed Spring Asparagus and Roasted Pear

Mention pears as part of a meal, and we get pretty excited. Pair them with asparagus, and we're in heaven. So when Chef Max suggested a warm dinner salad with roasted pears, sautéed asparagus, farro and strawberry vinaigrette, it was a dinner we couldn't wait to dig into. We're cooking it up with butter beans and plenty of crumbled blue cheese. The result? Even better than it sounds.

45 Minutes to the Table

15 Minutes Hands On

1 Whisk Super Easy

Getting Organized

EQUIPMENT

Rimmed Baking Sheet
Large Skillet
Saucepan

FROM YOUR PANTRY

Olive Oil
Salt & Pepper

6 MEEZ CONTAINERS

Pear
Farro
Butter Beans
Asparagus
Blue Cheese & Nuts
Strawberry Vinaigrette

Make The Meal Your Own

Cooking with a picky eater? Let them taste the strawberry vinaigrette first. If it's not their favorite, just drizzle their serving with olive oil.

Good To Know

If you're making the gluten-free version, we're sending brown rice instead of farro. Cook the brown rice in boiling water for about 20 minutes, drain and let sit, covered, for 5 minutes.

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

Health snapshot per serving – 777 Calories, 18 g Protein, 14 g Fiber, 29 Smart Points

Lightened up snapshot – 620 Calories, 20 g Fat and 22 Smart Points when you leave out the cheese and use $\frac{3}{4}$ of the vinaigrette.

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

INGREDIENTS: Asparagus, Farro, Pear, Butter Beans, Blue Cheese, Pecans, Strawberry Jam, Olive Oil, White Vinegar, Lime, Garlic, Spices

meezmeals

1. Getting Organized

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

2. Roast the Pear

Cut the **Pear** in half, then half again. Cut the core out and discard. Put the pieces onto a rimmed baking sheet and drizzle with olive oil, then toss to get them covered.

Bake until the skin begins to wrinkle and the ends are golden brown, about 25 to 35 minutes. When cool, cut each quarter into 4 pieces.

If you love these baked pears, try baking apple slices with olive oil and kosher salt. They are absolutely delicious.

3. Cook the Farro

While the pear is roasting, add a generous pinch of salt to the boiling water and add the **Farro**. Cook until the kernels pop, about 20 minutes. Drain, then return to the pan and cover for 5 minutes. Fluff with a fork and set aside.

4. Sauté the Vegetables

Heat 2 Tbsp olive oil in a large skillet over high heat. Add the **Butter Beans** and cook for 5 minutes. Add the **Asparagus** and cook until bright green, about 10 minutes. Turn the heat off and let sit, covered, for 1 minute.

We let asparagus sit for one minute after it turns bright green to soften it without letting it overcook.

5. Put It All Together

Add the asparagus, beans and pear to the farro with half of the **Strawberry Vinaigrette** and toss well. Serve topped with the **Blue Cheese & Nuts** and more vinaigrette to taste. Enjoy!

*Love this recipe? *meezmagic*

Instructions for two servings.

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

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

meez meals

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!

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

Thai Coconut Kale

10 Minutes to the Table

10 Minutes Hands On

Getting Organized

EQUIPMENT

Skillet

FROM YOUR PANTRY

Salt & Pepper

3 MEEZ CONTAINERS

Kale

Coconut

Sweet Chili Sauce

Put It All Together

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

Good to Know

Health Snapshot per serving (serves 2)

240 Calories, 5g Protein, 5g Fat, 10g Fiber

8 Smart Points

Have Questions?

We're standing by at 773.916.6339

INGREDIENTS: Kale, Sweet Chili Sauce, Coconut

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

Quick Tips

Spicy Argentinean Black Beans & Rice

40 Min to Table	20 Min Hands On	1 Whisk Super Easy
---------------------------	---------------------------	------------------------------

Getting Started Preheat your oven to 450 and put water on to boil.

Omnivore Option Steak is a traditional partner for this dish.

Bistro Steak

15 Min to Table	15 Min Hands On	1 Whisk Super Easy
---------------------------	---------------------------	------------------------------

Getting Started Put on a saucepan of water of boil.

Meal Tip Cook up to 2 days in advance for an easy dinner or lunch.

Salmon with Lemon and Asparagus

25 Min to Table	25 Min Hands On	2 Whisks Easy
---------------------------	---------------------------	-------------------------

Getting Started No pre-work needed.

Speed Tip Cook the asparagus and salmon at the same time.

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

Southern Strata

65 Min to Table	5 Min Hands On	1 Whisk Super Easy
---------------------------	--------------------------	------------------------------

Getting Started Preheat your oven to 350 and grease your pan.

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

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

Sweet Basil Chicken Tacos with French Style Slaw

35 Min to Table	15 Min Hands On	1 Whisk Super Easy
---------------------------	---------------------------	------------------------------

Getting Started No pre-work needed.

Leftovers Tip Coleslaw makes a great base for a salad.

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

Bento Burrito with Soy-Ginger Aioli

25 Min to Table	20 Min Hands On	1 Whisk Super Easy
---------------------------	---------------------------	------------------------------

Getting Started Set your oven to 400 and bring 2* cups of water to a boil.

Omnivore Option We think this meal is great as is.

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

Herb Roasted Chicken with Fingerling Potatoes

65 Min to Table	10 Min Hands On	1 Whisk Super Easy
---------------------------	---------------------------	------------------------------

Getting Started Preheat oven to 425.

Meal Tip Bacon would make this meal even more delicious.

From Your Pantry You'll need 1 tbsp of flour per serving.

Bangkok Basil Crunch Salad

5 Min to Table	5 Min Hands On	1 Whisk Super Easy
--------------------------	--------------------------	------------------------------

Getting Started Toss and serve!

Getting Started This is toss and serve!

Farro with Sautéed Spring Asparagus and Roasted Pear

45 Min to Table	15 Min Hands On	1 Whisk Super Easy
---------------------------	---------------------------	------------------------------

Getting Started Preheat oven to 400 and put water on to boil.

Omnivore Option We think this meal tastes great as is.

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



773.916.MEEZ • www.meezmeals.com

Green Quesadilla

25 Min to Table	5 Min Hands On	1 Whisk Super Easy
---------------------------	--------------------------	------------------------------

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.

Thai Coconut Kale

10 Min to Table	10 Min Hands On	1 Whisk Super Easy
---------------------------	---------------------------	------------------------------

Getting Started All you'll need is a skillet.

Omnivore Option Bacon would make a great addition.

Health Snapshot

Black Beans & Rice

947 Calories
34 g Protein
21 g Fat
161 g Carbs.
34 g Fiber
149 mg Sod.

27 Smart Points

1069% Vitamin A
109% Folate
122% Vitamin C.

Salmon with Lemon

751 Calories
73 g Protein
39 g Fat
16 g Carbs.
4 g Fiber
532 mg Sodium

19 Smart Points

175% Vitamin B6
173% Vitamin
B12
50% Vitamin E

Chicken Tacos

660 Calories
46 g Protein
27 g Fat
70 g Carbs.
8 g Fiber
1001 mg Sodium

23 Smart Points

92% Vitamin C
42% Vitamin A
12% Vitamin B-6

Bistro Steak with Pesto Penne

69 Calories
66 g Protein
35 g Fat
29 g Carbs.
2 g Fiber
886 mg Sod.

20 Smart Points

74% Vit. B-12
62% Calcium
36% Vitamin A

Cheddar Strata

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

24 Smart Points

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

Lighten Up Option

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

Rice Bowl

No changes

947 Calories
21 g Fat
27 Smart Points

Salmon

No changes

751 Calories
39 g Fat
19 Smart Points

Tacos

½ coleslaw dressing, 1 less tortilla

490 Calories
15 g Fat
16 Smart Points

Penne

¾ sauce and no cheese

500 Calories
20 g Fat
15 Smart Points

Strata

½ bread, no cheese

495 Calories
20 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

Bento Burrito	Herb Roasted Chicken	Farro with Asparagus	Green Quesadilla	Basil Crunch Salad	Thai Coconut Kale
683 Calories	388 Calories	777 Calories	805 Calories	570 Calories	240 Calories
23 g Protein	26 g Protein	18 g Protein	40 g Protein	5 Protein	5 g Protein
30 g Fat	14 g Fat	49 g Fat	40 g Fat	20 g Fat	5 g Fat
83 g Carbs.	29 g Carbs	77 g Carbs.	75 g Carbs.	70 g Carbs.	40 g Carbs.
5 g Fiber	6 g Saturated Fat	14 g Fiber	10 g Fiber	20 g Fiber	10 g Fiber
2040 mg Sod.	727 mg Sodium	399 mg Sod.	1,625 mg Sod.	300 mg Sod.	50 mg Sod.
28 Smart Points	11 Smart Points	29 Smart Points	28 Smart Points	12 WW+ Points	8 Smart Points
140% Vitamin A		64% Folate	110% Vitamin A	440% Vitamin C	540% Vitamin A
21% Vitamin C	53% Vitamin C	36% Vit. C	80% Calcium	300% Vitamin A	140% Vitamin C
21% Calcium	18% Vitamin D	22% Calcium	30% Vitamin C	25% Calcium	20% Calcium
	28% Vitamin b6				

Lighten Up Option

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

Bento Burrito <i>No Tortillas</i>	Roasted Chicken <i>No changes</i>	Asparagus <i>No cheese, ¾ vinaigrette</i>	Quesadilla <i>1 tortilla, ½ cheese</i>	Salad <i>No changes</i>	Thai Coconut <i>No changes</i>
423 Calories	388 Calories	620 Calories	490 Calories	570 Calories	240 Calories
24 g Fat	14 g Fat	20 g Fat	20 g Fat	20 g Fat	5 g Fat
14 Smart Points	11 Smart Points	22 Smart Points	18 Smart Points	12 WW+ Points	8 Smart Points