

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.

25 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 – 466 Calories, 17g Protein, 10g Fiber, 16 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, 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. Season with salt and pepper to taste. Take out the lemon wedge and serve the gnocchi with the asparagus, peas and edamame.

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

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
Monterey Jack
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, Monterey Jack 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 **Monterey Jack 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, cage-free 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 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

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

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1. Getting Organized

Preheat your oven to 375.

2. Prep the Chicken

Place the **Chicken Breast** 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!

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 $\frac{1}{4}$ 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

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1. Getting Organized

Preheat your oven to 375.

2. Bake the Tofu

Break an egg into a small bowl and mix in 1 Tbsp. sesame oil (or olive oil). Brush the **Tofu Steaks** with the mix.

Pour the **Cashew Crust** into a shallow bowl and add a pinch of salt and pepper. Coat each piece of tofu with the crust, pressing it on gently so that it sticks and covers all sides.

Put the tofu on a rimmed baking sheet and sprinkle the remaining cashew crust on the top and sides of the tofu. Bake until golden brown and crisp, 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

Serve the broth topped with the crusted tofu. 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 *

Tokyo Tilapia 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.

25 Minutes to the Table

20 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

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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 &
Parmesan
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, Parmesan, 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 & Parmesan**, 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.

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.

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

Love this recipe? #meezmagic

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

Parmesan Lemon-Chai Broccoli Rigatoni

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

meezmeals

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)

327 Calories, 25g Fat, 25g Carbs, 6g Protein, 13 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

Quick Tips

Green Spring Vegetables with Toasted Gnocchi

25 Min to Table	10 Min Hands On	1 Whisk Super Easy
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Getting Started Preheat your oven to 375.

Omnivore Option Tilapia is a great choice.

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

Cashew Crusted Tofu with Thai Coconut Broth

30 Min to Table	10 Min Hands On	1 Whisk Super Easy
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Getting Started Preheat your oven to 375.

From Your Pantry You'll need some sesame oil. (optional)

Steak Quinoa Bowl

30 Min to Table	15 Min Hands On	1 Whisk Super Easy
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Getting Started Preheat your oven to 375 & put a saucepan of water onto boil.

Leftovers Tip Leftovers make a delicious taco or burrito filling.

Tokyo Tilapia Burrito

25 Min to Table	20 Min Hands On	1 Whisk Easy
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Getting Started Preheat to 400 and put a saucepan on to boil

Leftovers Tip Throw all the leftovers together to make a salad!

Tahitian Chicken Paella

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

Leftovers Tip Save some of the Coconut Soy Ginger Sauce to moisten the Paella when reheating.

Chicken Pizziole

25 Min to Table	10 Min Hands On	1 Whisk Super Easy
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Getting Started Preheat your oven to 450.

Make the meal your own Re-create the taste of your favorite pizza by adding those toppings to the chicken under the cheese.

Spinach Pancakes with Basil Corn Relish

40 Min to Table	40 Min Hands On	2 Whisks Easy
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Getting Started Preheat your oven to 375 and heat your griddle or skillet.

From Your Pantry You'll need milk, eggs and butter.

Parmesan Lemon-Chai Rigatoni with Broccoli

15 Min to Table	15 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 Sausage tastes great with this recipe.

From Your Pantry Olive oil, salt & pepper; sugar & cayenne optional.

Roasted Squash Personal Pizza

30 Min to Table	10 Min Hands On	1 Whisk Super Easy
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Getting Started Preheat your oven to 425 & take the dough out of the fridge.

Omnivore Option Sliced salami or pepperoni are great additions.

From Your Pantry You'll need just a sprinkle of flour.

Buttermilk Blue Cheese & Apple Salad

5 Min to Table	5 Min Hands On	1 Whisk Super Easy
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Getting Started Cut the apple into bite-sized pieces.

Omnivore Option Crumbled Bacon or sliced chicken go great with this.



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Health Snapshot

Vegetables with Toasted Gnocchi

434 Calories
16g Protein
18 g Fat
57 g Carbs.
10 g Fiber
665 mg Sod

15 Smart Points

35% Vitamin A
27% Folate
95% Vitamin C

Steak Quinoa Bowl

399 Calories
44 g Protein
15 g Fat
22 g Carbs.
5 g Fiber
513 mg Sod.

10 Smart Points

100% Vitamin A
67% Vit- B12
40% Vitamin C

Tahitian Chicken Paella

596 Calories
47 g Protein
18 g Fat
68 g Carbs.
4 g Fiber
1741 mg Sodium

21 Smart Points

28% Vitamin B6
295% Vitamin C
30% Calcium

Cashew Tofu

558 Calories
27 g Protein
26 g Fat
69 g Carbs.
6 g Fiber
1779 mg Sodium

21 Smart Points

179% Calcium
45% Vitamin C
51% Iron

Tokyo Tilapia Burrito

570 Calories
30 g Protein
20 g Fat
50 g Carbs.
15 g Fiber
525 mg Sod.

14 WW+ Points

100% Vitamin A
40% Vitamin C
10% Calcium

Lighten Up Option

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

Gnocchi

No changes

434 Calories
18 g Fat
15 Smart Points

Quinoa Bowl

No change

399 Calories
15 g Fat
10 Smart Points

Chicken

No cashews

465 Calories
8 g Fat
16 Smart Points

Tofu

$\frac{3}{4}$ tofu and cashew
crust

495 Calories
20 g Fat
17 Smart Points

Burrito

$\frac{1}{2}$ rice

485 Calories
15 g Fat
12 WW+ Points

Health Snapshot

Tokyo Tilapia Burrito

570 Calories
30 g Protein
20 g Fat
50 g Carbs.
15 g Fiber
525 mg Sod.

14 WW+ Points

100% Vitamin A
40% Vitamin C
10% Calcium

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

Lemon Chai Rigatoni

1142 Calories
31 g Protein
86 g Fat
73 g Carbs.
7 g Fiber
742 mg Sod.

38 Smart Points

131% Vitamin C
60% Calcium
26% Vitamin A

Roasted Squash Pizza

844 Calories
54 g Protein
34 g Fat
86 g Carb.
18 g Fiber
2,031 mg Sod.

26 Smart Points

217% Vitamin A
80% Calcium
46% Vitamin C

Blue Cheese & Apple Salad

655 Calories
5 g Protein
45 g Fat
20 g Carbs.
10 g Fiber
715 mg Sod.

21 Smart Points

25% Vitamin C
20% Vitamin A
15% 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.

Burrito

½ rice

485 Calories
15 g Fat
12 WW+ Points

Pancakes

*½ the cream
cheese*

500 Calories
10 g Fat
16 Smart Points

Rigatoni

*No cheese and no
walnuts*

781 Calories
55 g Fat
26 Smart Points

Pizza

*¼ cheese, ½
alfredo*

600 Calories
22 g Fat
16 Smart Points

Salad

No changes

655 Calories
45 g Fat
21 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.