

Sweet Potato, Kale & Rice Bowl with Peanut Sauce

40 Minutes to the Table

20 Minutes Hands On

1 Whisk Super Easy

This gem is humble and oh-so delicious. It's all about the Asian peanut butter sauce, which we could eat with a spoon. But since we're supposed to be grown ups, we're restraining ourselves. (Mostly.) Instead, we're tossing it with roasted sweet potatoes, toasted organic tofu, wilted kale and brown rice. The result is crazy good.

Getting Organized

EQUIPMENT

Saucepan
Large Skillet
Rimmed Baking Sheet
Mixing Bowl

FROM YOUR PANTRY

Olive Oil
Salt & Pepper

5 MEEZ CONTAINERS

Baked Tofu
Brown Rice
Kale
Peanut Sauce
Sweet Potatoes

Make The Meal Your Own

Cooking with a picky eater? This peanut sauce makes even the scariest vegetable delicious. Try chopping the kale into small bites so it's more approachable for cautious eaters.

Love peanuts? Try sprinkling some more on top of the dish for an extra crunch.

Good To Know

Chef's Note -- You'll see our method for cooking brown rice is a little unusual. It's faster than the traditional method, and we think the rice ends up fluffier.

Health snapshot per serving – 535 Calories, 26g Protein, 9g Fiber, 16 Smart Points

Lightened up snapshot – 480 Calories, 10 g Fat and 13 Smart points when you use half of the baked tofu.

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

INGREDIENTS: Sweet Potatoes, Kale, Baked Tofu, Brown Rice, Peanut Butter, Rice Vinegar, Soy Sauce, Brown Sugar, Garlic, Ginger, Spices

meezmeals

1. Getting Organized

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

2. Cook the Rice

Add the **Brown Rice** to the saucepan of boiling water and simmer uncovered over medium heat for 30 minutes. Drain, then return it to the pot. Cover and let sit 5 minutes.

We cook our brown rice like pasta. Make sure the water is boiling and you're good to go. Remember: brown rice has a firmer texture than white rice.

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. Cook the Kale & Tofu

Heat 2 Tbsp olive oil in a large skillet over medium-high heat. Add the **Kale** and cook, stirring, until it's bright green and lightly wilted, about 3 to 5 minutes. Season with salt and pepper and transfer to a bowl.

If you prefer softer kale, cook it for a few extra minutes.

Heat another 2 Tbsp olive oil in the now-empty skillet over medium-high heat. Add the **Baked Tofu** to the pan and cook until it crisps in places, about 3 to 5 minutes on each side.

5. Put It All Together

Put the **Peanut Sauce** into a mixing bowl and thin with a little water. Serve the rice topped with kale, tofu and sweet potatoes. Drizzle with the peanut sauce and enjoy!

We found 2 to 4 Tbsp water is just right.

Love this recipe? #meezmagic

Blackened Baja Salmon & Avocado Tacos

Omega-3 rich salmon is coated with our Baja seasoning and then paired with creamy avocado and tangy pineapple. Fast, fantastic and full of flavor, don't forget the lemonade and cerveza to complete the meal.

30 Minutes to the Table

20 Minutes Hands On

1 Whisk Super Easy

Getting Organized

EQUIPMENT

- Mixing Bowl
- Shallow Pie Pan or Plate
- Medium Skillet
- Small Skillet (optional)

FROM YOUR PANTRY

- 1 Tbsp Flour
- Olive Oil
- Salt & Pepper

6 MEEZ CONTAINERS

- Cabbage & Carrots
- Coleslaw Dressing
- Cajun Seasoning
- Salmon
- Avocado
- Tortillas

Make The Meal Your Own

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 off the heat before you cut into it and check for doneness.

Eating with someone who doesn't love spice? Serve their fish without the Cajun seasoning.

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

Good To Know

Health snapshot per serving – 593 Calories, 33g Fat, 30g Protein, 51g Carbs, 19 Smart Points

Lightened up snapshot – 465 Calories, 20g Fat, and 15 Smart Points with ½ the avocado & coleslaw dressing.

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

INGREDIENTS: Salmon, Corn Tortillas, Carrots, Avocado, Green Cabbage, Red Cabbage, Mayonnaise, Brown Sugar, Cajun Seasoning, White Wine Vinegar, Pineapple, Lemon Juice, Herbs and Spices

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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 to chill until ready to eat.

2. Season and Cook the Salmon

Combine **Cajun Seasoning** with 1 Tbsp of flour on a plate or in a shallow pie pan. Coat the **Salmon** on all sides with the seasoning and then let sit in the flour for 2 minutes. Give the salmon a second coat in the seasoning.

Heat 2 Tbsp of oil in a medium skillet over high heat. When the oil is hot, add the salmon and cook 4 minutes. Flip, and cook 3 more minutes on the other side. Turn off the heat and let sit for 5 minutes.

The fish absorbs the seasoning as it sits, which adds tons of flavor.

The seasoning gets very dark as it cooks, so don't worry if it starts to blacken, it's supposed to be that way.

3. Slice the Avocado

While the salmon is resting, slice the **Avocado** into even pieces (we usually get about 5 slices per half).

4. Heat the Tortillas and Serve

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

Use a fork to flake the salmon into pieces. Serve in the warm tortillas topped with the coleslaw and avocado. Enjoy!

Use tongs or a slotted spoon to serve the coleslaw, leaving extra dressing behind. That way, your tacos won't get soggy.

Love this recipe? #meezmagic

Instructions for two servings.

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

Cheesy Tomatillo Casserole

Simply said, this Mexican casserole is a cheesy bit of heaven. We're toasting up tortillas to form a crunchy base, then topping them with poblanos, beans, pepper jack cheese and a fresh tomatillo salsa. Easy and delicious - that's our kind of dinner!

35 Minutes to the Table

15 Minutes Hands On

1 Whisk Super Easy

Getting Organized

EQUIPMENT

Baking Sheet
Large Skillet
Loaf Pan

FROM YOUR PANTRY

Olive Oil
Salt & Pepper

5 MEEZ CONTAINERS

Corn Tortillas
Poblano Peppers
Corn & Beans
Creamy Tomatillo Salsa
Pepper Jack Cheese

Make The Meal Your Own

Omnivore's Option – Chorizo is right at home in this dish. Cook it up separately and add it with the corn mix.

Make ahead tip – Cook the casserole up through the first half of step 4. After you add the pepper jack, refrigerate the casserole. When you're ready to eat, bake for a final 20 minutes.

This dish has a kick from the poblanos and pepper jack cheese. If you'd like a mellower version, you can serve the corn and beans on the tortillas as tacos or tostadas.

Good To Know

Chef Max recommends building your casserole in a loaf pan. If you don't have one, use a 9x9 casserole dish.

Health snapshot per serving – 390 Calories, 15g Protein, 13g Fiber, 13 Smart Points

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

INGREDIENTS: Poblano Peppers, Tomatillos, Corn Tortillas, Black Beans, Corn, Pepper Jack Cheese, Cream Cheese, Sundried Tomatoes, Lime, Garlic, Cilantro, Spices

meezmeals

1. Getting Organized

Preheat your oven to 450.

2. Bake the Corn Tortillas

Lay the **Corn Tortillas** on a baking sheet and brush with olive oil on each side. Bake until crisp, about 5 to 10 minutes.

3. Cook the Vegetables

Heat 1 Tbsp olive oil in a large skillet over high heat. Add the **Poblano Peppers** and sauté until browned, about 5 to 7 minutes.

Turn the heat down to medium-high and add the **Corn & Beans**. Cook until hot, about 2 minutes. Season with salt and pepper and set aside.

4. Assemble the Casserole

Turn your oven down to 375 and lay 2 of the corn tortillas on the bottom of your pan, breaking them into pieces to make them fit. Top with half of the cooked vegetables and half of the **Creamy Tomatillo Salsa**.

Add 1 more tortilla (break it up a bit so it resembles large chips) and the rest of the vegetables and salsa. Break the remaining tortilla into dime-size pieces, sprinkle on top and finish with the **Pepper Jack Cheese**. Bake until the cheese begins to bubble, about 15 minutes. If you'd like a crispier topping, cook under the broiler for an additional 5 minutes until the top is golden brown. Enjoy!

Not sure which dish or pan to use? See our note on the other side about choosing the perfect size pan.

Love this recipe? #meezmagic

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

Balsamic Glazed Chicken Caprese Pasta

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

20 Minutes to the Table

10 Minutes Hands On

1 Whisk Super Easy

Getting Organized

EQUIPMENT

Saucepan
Deep Skillet or Large
Saucepan with Lid

FROM YOUR PANTRY

Olive Oil
Salt & Pepper

6 MEEZ CONTAINERS

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

Make The Meal Your Own

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

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

Good To Know

Be sure to generously season your chicken with salt and pepper before cooking. Chef Max recommends using ¼ tsp of each.

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

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

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

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

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

1. Getting Organized

Put a saucepan of water on to boil.

2. Cook the Pasta

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

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

3. Prep and Cook the Chicken and Tomatoes

Place the **Chicken Breast** on a cutting board. Using a sharp knife, slice the chicken into even strips. (We aim for approximately ¼" - ½" slices). Once the chicken is sliced, generously sprinkle with salt and pepper (we use ¼ tsp salt and ¼ tsp pepper, so use about half per side, or more if you like).

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

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

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

4. Put It All Together

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

Love this recipe? #meezmagic

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

Mexican Steak Taco Bowl

Everyone loves the vibrant fresh flavors of Mexico. We took marinated tender sirloin steak with a fresh tomato salsa and put it on hearty rice. Then we topped it with crunchy tortilla chips for a taste that has you ready for a sunny margarita or cerveza.

20 Minutes to the Table

10 Minutes Hands On

1 Whisk Super Easy

Getting Organized

EQUIPMENT

Saucepan
Oven-Safe Skillet

FROM YOUR PANTRY

Olive Oil
Salt & Pepper

5 MEEZ CONTAINERS

Rice
Sirloin
Mexican Seasoning
Fresh Salsa
Tortilla Chips

Make The Meal Your Own

Craving a salad instead? Let the rice and beef cool, then toss with chopped, fresh romaine.

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 – 597 Calories, 52g Protein, 23g Fat, 45g Carbs, 15 Smart Points

Lightened up snapshot – 455 Calories, 15g Fat and 11 Smart points if you skip the tortilla chips

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

INGREDIENTS: Sirloin, Rice, Tortilla Chips, Tomatoes, Corn, Black Beans, Queso Fresco, Lime Juice, Cilantro, Red Onion, Garlic, Spices

meezmeals

1. Getting Organized

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

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. Season the Steak

While the rice is cooking, pour the **Mexican Seasoning** into a bowl or a Ziploc bag add ½ tsp each salt and pepper. Pat the **Sirloin** dry with a towel and then toss in the seasoning to coat.

4. Cook the Steak

Heat 1 Tbsp oil in an oven-safe skillet over high heat. When the oil is very hot, add the steaks. Cook undisturbed until the seasoning starts to darken on the bottom, about 45 seconds. Flip the steaks and continue cooking until the other side has browned, another 45 seconds.

- **If you prefer your steak medium-rare**, transfer the skillet to the oven and cook 4 minutes. Remove to a plate and let rest for 5 minutes.
- **If you prefer your steak medium**, transfer the skillet to the oven and cook 5 to 6 minutes. Remove to a plate and let rest for 5 minutes.
- **If you prefer your steak medium-well or well done**, transfer the skillet to the oven and cook 7 to 8 minutes. Remove to a plate and let rest for 5 minutes.

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

Mix 1 Tbsp of olive oil into the **Fresh Salsa**. Serve the rice topped with sliced steak and salsa. Crumble the **Tortilla Chips** on top and drizzle with any extra liquid from the salsa. Season with salt and pepper to taste.

To test if the oil 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 *

Mediterranean Flatbread

How many yummy flavors can you put on one flatbread? We're rubbing a delicious sage glaze over fresh pizza dough, and then topping it with crispy kale, dates, capers and plenty of gouda cheese. A final drizzle of glaze on top finishes off this sunny, sophisticated flatbread.

40 *Minutes to the Table*

10 *Minutes Hands On*

2 Whisks *Easy*

Getting Organized

EQUIPMENT

Rimmed Baking
Sheet

FROM YOUR PANTRY

Flour
Olive Oil
Salt & Pepper

5 MEEZ CONTAINERS

Kale
Pizza Dough
Sage Glaze
Gouda & Mozzarella
Dates & Capers

Make The Meal Your Own

Omnivore's Option – Shrimp is a tasty addition. Add it in the last 10 minutes of cooking, tucked under the cheese.

Cooking with a picky eater? Skip the dates and capers on their portion.

Good To Know

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

Health snapshot per serving – 885 Calories, 25g Protein, 5g Fiber, 34 Smart Points

Lightened up snapshot – 556 Calories, 34 g Fat and 22 Smart Points with half the cheese and half of the glaze.

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

INGREDIENTS: Kale, Whole Wheat Pizza Dough, Olive Oil, Gouda Cheese, Mozzarella Cheese, Dates, Cider Vinegar, Brown Sugar, Capers, Herbs and Spices

meez *meals*

1. Getting Organized

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

Don't forget to take out the dough. Warmer dough is easier to work with!

2. Bake the Kale

Put the **Kale** on a baking sheet and drizzle with 1 Tbsp olive oil, 1 Tbsp of water, and a generous pinch of salt. Toss well and bake until it starts to crisp, about 10 to 15 minutes.

3. Assemble the Flatbread

While the kale is cooking, shape your **Pizza Dough**. Sprinkle your counter with a little flour and stretch the dough into shape. The size and thickness are up to you, but we target about 1/4" thickness.

We usually make two-person pizzas - ours are about 8' wide and 14" long.

Spread 1/3 of the **Sage Glaze** over the dough, rubbing it in with your fingers. Top with the baked kale, pushing it down on to the dough a bit. Top with the **Gouda & Mozzarella, Dates & Capers** and half of the remaining sage glaze. Bake until the crust is golden brown and the cheese melts, about 15 to 20 minutes.

We may have given you extra toppings, don't worry! They make a great side dish!

Drizzle extra glaze on top to taste. Enjoy!

Love this recipe? #meezmagic

Instructions for two servings.

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

Broccoli Cheddar Chicken Bake

We're taking the creamy flavors of broccoli and cheddar to a new level. Paired with cage-free chicken breast and heart healthy brown rice, this dish is sure to tantalize the taste buds. Not to mention it's practically hands-free.

35 *Minutes to the Table*

15 *Minutes Hands On*

1 Whisk *Super Easy*

Getting Organized

EQUIPMENT

- Saucepan
- Rimmed Baking Sheet

FROM YOUR PANTRY

- Olive Oil
- Salt & Pepper

6 MEEZ CONTAINERS

- Brown Rice
- Chicken Breast
- Red Onion
- Broccoli
- Cream Sauce
- Cheddar Cheese

Make The Meal Your Own

Want to get a jump on dinner? Cook the brown rice in advance. When you're ready to eat, start with step 3 and you'll have dinner on the table in 20 minutes.

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 or through intramuscular injection...ever.

Good To Know

Health snapshot per serving – 835 Calories, 53g Fat, 60g Protein, 29g Carbs, 28 Smart Points

Lightened up snapshot – 564 Calories, 34g Fat, 18 Smart Points with no cheddar and ½ the rice.

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

INGREDIENTS: Broccoli, Cage-Free Chicken, Brown Rice, Heavy Cream, Red Onion, Cheddar Cheese, White Wine, Concentrated Vegetable Stock, Garlic, Herbs

meez *meals*

1. Getting Organized

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

2. Prep the Chicken

Place the **Chicken Breast** horizontally on a cutting board. Using a sharp knife, cut the chicken breast into even strips. (We aim for approximately ¼" - ½" slices.)

3. Cook the Rice

Add the **Brown Rice** to the boiling water and simmer uncovered over medium heat for about 30 minutes. Drain, and then return to the pot. Cover and let sit 5 minutes.

We cook our brown rice like pasta. Make sure the water is boiling and you're good to go.

4. Cook the Chicken

While the rice is cooking, toss the sliced chicken and **Red Onion** with 1 Tbsp of oil and season with salt and pepper (we recommend ¼ tsp of each). Spread on a rimmed baking sheet and cook until no pink is showing on the outside of the chicken, about 5 to 8 minutes.

Add the **Broccoli** to the pan and cook until bright green, but still crisp, about 5 minutes. Add the **Cream Sauce** and stir to coat the chicken and broccoli. Cook just until it bubbles, about 2 minutes, and then add the **Cheddar Cheese** and mix to incorporate. Cook until the cheese has melted into the sauce and everything is hot, about 3 to 5 minutes. Season with salt and pepper to taste.

5. Put It All Together

Serve the brown rice topped with the cheddar chicken and enjoy!

Love this recipe? #meezmagic

Instructions for two servings.

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

Thai Red Curry Soup

This gem is a fresh take on the Thai classic. We're cooking up our version of red curry soup with glass noodles, carrots, red peppers, mushrooms and tofu in a red curry and coconut milk base. It's rich and flavorful, and practically hands-free, not to mention an all-time member favorite.

25 *Minutes to the Table*

10 *Minutes Hands On*

1 Whisk *Super Easy*

Getting Organized

EQUIPMENT

2 Saucepans
Large Bowl

FROM YOUR PANTRY

Olive Oil
Salt & Pepper

6 MEEZ CONTAINERS

Shiitake Mushrooms
Thai Peppers & Carrots
Red Curry
Tofu
Ginger-Coconut Broth
Glass Noodles

Make The Meal Your Own

Want to get a jumpstart on dinner? Make the soup ahead, but keep the tofu and noodles separate until you're ready to eat.

Don't love spice? Go easy on the red curry paste and let everyone add to taste. (If it's still too spicy, you can mellow the soup by adding extra coconut milk.)

Omnivore's Option – Shrimp is a great addition to this dish. Cook it separately and add to the soup at the end.

Good To Know

Health snapshot per serving – 541 Calories, 20g Protein, 17g Fat, 87g Carbs, 21 Smart Points

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

INGREDIENTS: Coconut Milk, Tofu, Glass Noodles, Carrots, Peppers, Mushrooms, Lime Juice, Soy Sauce, Brown Sugar, Red Curry Paste, Lemongrass, Garlic, Basil, Concentrated Vegetable Base, Ginger

meez meals

1. Getting Organized

Put a saucepan of water on to boil.

2. Soak the Glass Noodles

Put the **Glass Noodles** into a bowl and pour the boiling water over top. Let the noodles soak until they are soft, about 2 to 5 minutes. Drain and set aside.

It's important to let the glass noodles soak. If you don't, they can get clumpy and hard to manage.

3. Cook the Thai Vegetables

In a separate saucepan, heat 1 Tbsp olive oil over medium-high heat. Add the **Shiitake Mushrooms** and **Thai Peppers & Carrots** and cook for 3 to 5 minutes. Add the **Red Curry** and cook until fragrant, about 1 minute. Add 1 ½ cups of water and bring to a boil. Reduce to a simmer and cook uncovered for 10 minutes.

The red curry has a kick. We use all of it, but if you don't love spice, you should start with just a touch.

4. Finish the Soup

Turn the heat back up to medium-high. Add the **Tofu** and **Ginger-Coconut Broth** to the vegetables and season with salt and pepper to taste. If you'd like a thinner soup, add more water. Cook until the vegetables are tender, about 2 to 5 minutes.

Spoon the soup over the glass noodles to serve. Enjoy!

Love this recipe? #meezmagic

Instructions for two servings.

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

Pesto Quesadilla

25 *Minutes to the Table*

10 *Minutes Hands On*

1 Whisk *Super Easy*

Getting Organized

EQUIPMENT

Baking Sheet

FROM YOUR PANTRY

Vegetable Oil

4 MEEZ CONTAINERS

Mushrooms

Tortillas

Basil Pesto

Mozzarella

Good to Know

We make our quesadillas in the oven because we love hands-free cooking. If you prefer to cook on the stovetop, that will work great too.

Health Snapshot per serving

741 Calories, 43g Fat, 53g Carbs, 32g Protein

31 Smart Points

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

INGREDIENTS: Flour Tortillas, Button Mushrooms, Mozzarella, Basil, Olive Oil, Parmesan, Lemon Juice, Garlic

meezmeals

1. Get Organized

Preheat your oven to 400.

2. Cook the Mushrooms

Toss the **Mushrooms** with 1 Tbsp of oil and spread on a baking sheet. Cook for 7 to 10 minutes until lightly browned. Remove to a bowl or plate and drain any excess liquid from the pan.

3. Build the Quesadilla

When the mushrooms are done, oil the baking sheet with 1 to 2 Tbsp 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 **Basil Pesto** on the tortilla and then top with half of the **Mozzarella** and all of the mushrooms. Sprinkle the remaining mozzarella on top. Top with the second tortilla, oiled-side up, and gently press down.

4. Put It All Together

Bake the quesadilla 6 to 8 minutes, until the top and edges are golden brown. 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

Panzanella Chopped Salad

10 Minutes to the Table

5 Minutes Hands On

Getting Organized

EQUIPMENT

Mixing Bowl

FROM YOUR PANTRY

Salt & Pepper

Olive Oil

5 MEEZ CONTAINERS

Bread Cubes

Lima Beans

Broccoli & Cabbage

Capers & Tomatoes

Balsamic Aioli

Put It All Together

Put the **Bread Cubes** into a mixing bowl with 2 Tbsp olive oil and a generous pinch of salt and pepper. Toss well, then toast in a toaster or conventional oven until golden brown, 7 to 10 minutes. Toss with the **Lima Beans, Broccoli & Cabbage, Capers & Tomatoes** and half of the **Balsamic Aioli**. Season with salt and pepper and add more aioli to taste. Enjoy!

Good to Know

Health Snapshot per serving

654 Calories, 79g Carbs, 17g Protein

23 Smart Points

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

INGREDIENTS: Broccoli, Lima Beans, Bread, Green Cabbage, Mayonnaise, Balsamic Vinegar, Brown Sugar, Sundried Tomatoes, Capers, Blue Cheese, Herbs

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

Buttermilk Broccoli Salad

5 Minutes to the Table

5 Minutes Hands On

Getting Organized

EQUIPMENT

Mixing Bowl

FROM YOUR PANTRY

Salt & Pepper

5 MEEZ CONTAINERS

Broccoli

Toasted Almonds

Cranberries

Red Onion

Buttermilk Dressing

Put It All Together

Toss the **Broccoli, Toasted Almonds, Cranberries** and **Red Onion** together in a mixing bowl with half of the **Buttermilk Dressing**. Mix well, then add salt and pepper, plus more dressing to taste. Enjoy!

Good to Know

Health Snapshot per serving (serves 2)

255 Calories, 20g Fat, 20g Carbs, 5g Protein
9 Smart Points

Have Questions?

We're standing by at 773.916.6339

INGREDIENTS: Broccoli, Buttermilk, Red Onion, Dried Cranberries, Mayonnaise, Almonds,
Cider Vinegar, Sugar

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

Quick Tips

Sweet Potato, Kale & Rice Bowl with Peanut Sauce

40 Min to Table	20 Min Hands On	1 Whisk Easy
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Getting Started Preheat your oven to 450 & put a saucepan on to boil.

Omnivore Option We like this dish as is.

Balsamic Glazed Chicken Caprese Pasta

20 Min to Table	10 Min Hands On	1 Whisk Easy
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Getting Started Put a saucepan of water on to boil.

Meal Tip This dish is delicious served cold.

Blackened Baja Salmon & Avocado Tacos

30 Min to Table	20 Min Hands On	1 Whisk Easy
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When you get your meals Check your avocado. If it is hard, store it on the counter to ripen.

Picky Eater Tip Serve their fish without Cajun seasoning.

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

Mexican Steak Taco Bowl

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

Meal Tip Great as a salad- just add chopped romaine.

Cheesy Tomatillo Casserole

35 Min to Table	15 Min Hands On	1 Whisk Super Easy
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Getting Started Preheat your oven to 450.

Omnivore Option Chorizo tastes great with this recipe.

Mediterranean Flatbread

40 Min to Table	10 Min Hands On	2 Whisks Easy
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Getting Started Preheat your oven to 425 & take dough out of fridge.

Omnivore Option Shrimp works well in this meal.

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

Broccoli Cheddar Chicken Bake

35 Min to Table	10 Min Hands On	1 Whisk Super Easy
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Getting Started Preheat the oven to 400 & boil a pot of water.

Make Ahead Tip Cook the brown rice in advance.

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

Thai Red Curry Soup

25 Min to Table	10 Min Hands On	1 Whisk Easy
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Getting Started Put a saucepan of water on to boil.

Omnivore Option Shrimp is great with this.

Panzanella Chopped Salad

10 Min to Table	5 Min Hands On	1 Whisk Super Easy
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Getting Started No preparation needed!

From Your Pantry You'll need some olive oil.

Pesto Quesadilla

25 Min to Table	10 Min Hands On	1 Whisk Super Easy
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Getting Started Preheat your oven to 400.

From your Pantry You'll need some vegetable oil.



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Buttermilk Broccoli Salad

5 Min to Table	5 Min Hands On	1 Whisk Super Easy
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Getting Started Toss and serve!

Health Snapshot

Sweet Potato, Kale & Rice Bowl

535 Calories
26 g Protein
15 g Fat
52 g Carbs.
9 g Fiber
1284 mg Sodium

16 Smart Points

447% Vitamin A
60% Vitamin C
30% Iron

Blackened Salmon Taco

593 Calories
30 g Protein
33 g Fat
51 g Carbs.
11g Fiber
1,810 mg Sod.

19 Smart Points

98% Vitamin A
76% Vit. B-6
58% Vit. B-12

Cheesy Casserole

390 Calories
15 g Protein
11 g Fat
65 g Carbs.
13 g Fiber
325 mg Sod.

13 Smart Points

25% Vitamin C
22% Iron
14% Zinc

Balsamic Chicken Pasta

750 Calories
40 g Protein
30 g Fat
85 g Carbs.
10 g Fiber
235 mg Sodium

24 Smart Points

115% Vitamin C
30% Vitamin A
30% Vitamin B-6

Mexican Steak Taco Bowl

597 Calories
52 g Protein
23 g Fat
45 g Carbs.
6 g Fiber
357 mg Sod.

15 Smart Points

67% Vit. B12
47% Vit. B6
37% Vitamin A

Lighten Up Option

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

Rice Bowl

½ tofu

480 Calories
10 g Fat
13 Smart Points

Tacos

½ avocado & coleslaw dressing
465 Calories
20 g Fat
15 Smart Points

Casserole

No Changes

390 Calories
11 g Fat
13 Smart Points

Chicken Pasta

No pasta, ½ the cheese
465 Calories
25 g Fat
13 Smart Points

Taco Bowl

No tortilla chips
455 Calories
15 g Fat
11 Smart Points

Health Snapshot

Mediterranean Flatbread	Broccoli Cheddar Bake	Thai Red Curry Soup	Panzanella Salad	Pesto Quesadilla	Buttermilk Broccoli Salad
885 Calories	835 Calories	541 Calories	654 Calories	741 Calories	255 Calories
25 g Protein	60 g Protein	20 g Protein	17 g Protein	32 g Protein	5 g Protein
66 g Fat	53 g Fat	17 g Fat	33 g Fat	43 g Fat	20 g Fat
56g Carbs.	29 g Carbs.	87 g Carbs.	79 g Carbs.	53 g Carbs.	20 g Carbs.
5 g Fiber	6g Fiber	7 g Fiber	12 g Fiber	3 g Fiber	5 g Fiber
1073 mg Sodium	492 mg Sod.	2410 mg Sod.	1206 mg Sod.	1450 mg Sod.	80 mg Sod.
34 Smart Points	28 Smart Points	21 Smart Points	23 Smart Points	31 Smart Points	9 Smart Points
187% Vitamin A	224% Vitamin C	285% Vit. A	150% Vitamin C	88% Calcium	90% Vitamin C
17% Vitamin B12	20% Vitamin B-6	272% Vit. C	31% Vitamin A	8% Folate	30% Vitamin E
65% Calcium	78% Vitamin A	167% Calcium	18% Calcium	40% Vitamin A	20% Vitamin A

Lighten Up Option

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

Flatbread	Bake	Curry Soup	Salad	Quesadilla	Salad
<i>½ cheese, ½ date glaze</i>	<i>No cheddar, ½ rice</i>	<i>No changes</i>	<i>No changes</i>	<i>No changes</i>	<i>No changes</i>
556 Calories	564 Calories	541 Calories	654 Calories	741 Calories	255 Calories
34 g Fat	34 g Fat	17 g Fat	33 g Fat	43 g Fat	20 g Fat
22 Smart Points	18 Smart Points	21 Smart Points	23 Smart Points	31 Smart Points	9 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.