

Panang Curry with Broccoli & Cauliflower

Say goodbye to your favorite Thai restaurant! This curry is fresher and tastier than anything we've had outside of Bangkok. We're cooking broccoli and cauliflower up in a delicious coconut and basil curry. Edamame and jasmine rice round it out. Yum! (Do note, this recipe has a spicy kick to it.)

30 *Minutes to the Table*

15 *Minutes Hands On*

1 Whisk *Super Easy*

Getting Organized

EQUIPMENT

Saucepan
Large Skillet

FROM YOUR PANTRY

Olive Oil
Salt & Pepper

6 MEEZ CONTAINERS

Jasmine Rice
Edamame
Cauliflower & Broccoli
Seasoned Coconut Milk
Curry Paste
Peanuts

Make The Meal Your Own

Omnivore's Option – Roasted chicken breast is great with this dish. Slice it, and then add to the broccoli and cauliflower.

Don't love spice? The curry paste has a kick to it. Add just a little bit to start and taste as you go.

Good To Know

Health snapshot per serving – 615 Calories, 26g Protein, 15g Fiber, 21 Smart Points.

Lightened up snapshot – 366 Calories, 8 g Fat and 13 Smart Points if you skip the peanuts.

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

INGREDIENTS: Cauliflower, Broccoli, Coconut Milk, Rice, Edamame, Peanuts, Brown Sugar, Red Curry, Yellow Curry, Lime Juice, Basil

meez meals

1. **Cook the Rice and Edamame**

Put the **Jasmine Rice** into a saucepan with 2 cups of water and a pinch of salt. Bring to a boil, cover and let simmer for 15 minutes.

After the rice has been simmering for 10 minutes, remove the lid and stir in the **Edamame**. Cover again, cook for 5 more minutes, then set aside.

2. **Cook the Cauliflower and Broccoli**

After you've added the edamame to the rice, heat 1 Tbsp olive oil in a large skillet over medium-high heat.

Add the **Cauliflower & Broccoli**, and cook until the broccoli is bright and the cauliflower is just fork tender, 7 to 12 minutes.

Add the **Seasoned Coconut Milk** and half of the **Curry Paste** (more if you like it spicy) and simmer for 3 minutes. Serve the rice topped with the cooked vegetables and a sprinkling of **Peanuts**. Enjoy!

Add a little water to the sauce if you'd like it to be thinner.

Love this recipe? #meezmagic

Instructions for two servings.

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

Southwestern Salmon with Fresh Corn Salsa

Get ready for a flavor sensation! Wild-caught salmon seasoned with zesty Southwestern spices, then topped with a fresh corn and tomato salsa. We're serving it up over cauliflower "rice", for a speedy low carb meal.

20 Minutes to the Table

20 Minutes Hands On

1 Whisk Super Easy

Getting Organized

EQUIPMENT

Shallow Pie Pan or Plate
Large Skillet

FROM YOUR PANTRY

2 Tbsp Flour
Olive Oil
Salt & Pepper

4 MEEZ CONTAINERS

Cauliflower
Southwest Seasoning
Salmon
Corn & Tomato Salsa

Make The Meal Your Own

We love using cauliflower as the "rice" in this dish, but if you want to bulk it up, toss the cauliflower with your favorite grain (we like quinoa) and serve it with the salmon and salsa on top.

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 on each 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 a fan of spice? Use just half of the southwest seasoning to coat the salmon.

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 – 500 Calories, 25g Fat, 45g Protein, 25g Carbs, 12 Smart Points

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

INGREDIENTS: Wild-Caught Salmon, Cauliflower, Corn, Grape Tomatoes, Olive Oil, Cilantro, Lime Juice, Apple Cider Vinegar, Spices

meez *meals*

1. Cook the Cauliflower

Heat 1 Tbsp oil in a large skillet over medium-high heat. Add the **Cauliflower** and cook until well browned, 7 to 10 minutes. Remove to a bowl or serving dish and return the skillet to the stove.

2. Season and Cook the Salmon

Combine the **Southwest Seasoning** with 2 Tbsp of flour on a plate or in a shallow pie pan. Pat the **Salmon** fillets dry with a paper towel and then coat each one with the seasoning mixture, making sure each fillet is completely covered.

Heat 2 Tbsp of oil in your now-empty 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, cover and let sit for 5 minutes.

3. Put It All Together

Serve the cauliflower topped with salmon and **Corn & Tomato Salsa**. Enjoy!

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

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

Love this recipe? #meezmagic

Instructions for two servings.

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

Buttermilk Salad with Nut Crusted Chicken

How to make a delicious salad into a hearty dinner? Toss together a buttermilk broccoli salad and serve it topped with nut-crusted chicken breast. With walnuts, almonds, pecorino and panko, this crunchy coating makes for a meal that's extra special.

30 Minutes to the Table

15 Minutes Hands On

2 Whisks *Easy*

Getting Organized

EQUIPMENT

Mixing Bowl
2 Shallow Bowls
or Pie Pans
Baking Sheet

FROM YOUR PANTRY

Olive Oil
Salt & Pepper
1 Egg

5 MEEZ CONTAINERS

Chicken Breast
Nut Crust
Broccoli
Dates & Walnuts
Buttermilk Dressing

Make The Meal Your Own

The buttermilk broccoli salad is just as delicious cold as it is at room temperature. If you want to chill it, mix everything together a day before you cook the chicken to let the flavors meld.

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.

Health snapshot per serving – 808 Calories, 45g Fat, 55g Protein, 50g Carbs, 24 Smart Points

Lightened up snapshot – 500 Calories, 30g Fat and 15 Smart Points with no Dates & Walnuts and half the Buttermilk Dressing

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

INGREDIENTS: Free-Range Chicken, Broccoli, Dates, Walnuts, Buttermilk, Mayonnaise, Almonds, Panko Breadcrumbs, Pecorino Cheese, Cider Vinegar, Sugar

meez meals

1. Getting Organized

Preheat your oven to 400.

2. Prep the Chicken and Dredge

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

Whisk 1 egg with 2 Tbsp water in a shallow bowl or pie pan. In a second bowl or pie pan, pour out the **Nut Crust**.

3. Dredge and Bake the Chicken

Put each piece of chicken into the nut crust, then into the egg mixture and then return to the bowl with the nut crust. Press down to make sure the crust adheres to each chicken breast.

Carefully transfer the chicken to a baking sheet. Drizzle the top of each piece with olive oil (or, if you prefer, you can put ½ Tbsp of butter on each piece). Bake until the crust is brown and the chicken is fully cooked, about 15 to 20 minutes.

4. Make the Broccoli Salad

While the chicken is baking, open the **Buttermilk Dressing** and reserve 2 Tbsp for finishing the chicken. Combine the **Broccoli, Dates & Walnuts** and remaining buttermilk dressing in a mixing bowl. Season with salt and pepper to taste.

5. Put It All Together

Serve the broccoli salad topped with the baked chicken. Drizzle the reserved buttermilk dressing over the top. *Love this recipe? #meezmagic*

Keep a baking sheet nearby, so you can quickly transfer the breaded chicken to it.

When you put the chicken into the nut crust the first time, much of it won't stick, but the flavors are getting in there.

We like the broccoli salad at room temp, but you can chill it if you prefer.

Instructions for two servings.

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

Cilantro-Lime Rice with Avocado & Toasted Chickpeas

One of our favorite rice bowls. We're making cilantro-lime rice with plenty of avocado for a mellow dinner inspired by the flavors of Mexico's Yucatan Peninsula. (Think Caribbean blue water, sandy beaches and fresh margaritas.) Toasted chickpeas and sautéed kale round out this delicious dinner just right any night of the week.

20 Minutes to the Table

20 Minutes Hands On

1 Whisk *Super Easy*

Getting Organized

EQUIPMENT

Large Skillet
Saucepan
Bowl

FROM YOUR PANTRY

Olive Oil
Salt & Pepper

6 MEEZ CONTAINERS

Rice
Avocado
Lime
Kale
Seasoned Chickpeas
Cilantro-Lime Crema

Make The Meal Your Own

Omnivore's Option – Pulled chicken breast is delicious in this recipe. Roast it with the chickpeas and kale.

Cooking with a picky eater? This dish is a crowd pleaser. If your picky eater doesn't love kale, try serving it with sweet potatoes or sautéed peppers.

Good To Know

If you're making the vegan version, we've left the sour cream out of your crema. A little vegenaïse or soy yogurt would add nice creaminess, or just add an extra drizzle of olive oil.

Health snapshot per serving – 508 Calories, 27g Fat, 12g Protein, 17 Smart Points

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

INGREDIENTS: Chickpeas, Kale, Avocado, Lime, Rice, Sour Cream, Onion, Cilantro, Garlic, Spices

meez meals

1. Getting Organized

Put a saucepan of water on to boil.

2. Make the Rice

Add the **Rice** to the boiling water with a pinch of salt. Simmer on medium-low heat until tender, about 15 to 20 minutes. Drain and set aside.

Cut the **Avocado** in half. Mash half in a bowl, then add to the rice and mix in. Slice the other half and save as a topper for the final dish.

3. Toast the Chickpeas and Sauté the Kale

While the rice is cooking, heat 2 Tbsp of olive oil in a large skillet over medium-high heat. Add the **Seasoned Chickpeas** and cook until crispy and browned, about 10 minutes.

Add the **Kale** and cook until it turns bright green, about 3 to 5 minutes.

4. Put It All Together

Serve the chickpeas and kale over the rice, and top with the sliced avocado. Cut the **Lime** into wedges and have everyone squeeze over their own plates. Top with **Cilantro-Lime Crema** to taste. Enjoy!

We cook our rice like pasta because it's quick, easy and doesn't require an exact amount of water.

We like our kale firm. If you prefer yours soft, cook it for a few extra minutes.

Love this recipe? #meezmagic

Instructions for two servings.

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

Crispy Polenta with Feta & Mushrooms

There's something incredibly elegant about polenta cooked up into crispy rounds that we can't resist. Particularly when that crispy polenta gets topped with sautéed mushrooms and a creamy feta. It looks fancy, but it's an easy dinner everyone will love.

Getting Organized

EQUIPMENT

Rimmed Baking Sheet
Large Skillet

FROM YOUR PANTRY

Olive Oil
Salt & Pepper

4 MEEZ CONTAINERS

Sweet Potatoes
Polenta
Mushroom Mix
Feta & Cream

INGREDIENTS: Polenta, Sweet Potatoes, Mushrooms, Feta, Half & Half, Green Onion, Garlic, Spices

Make The Meal Your Own

Speed Tip - Use two skillets and cook the mushrooms and polenta at the same time.

Omnivore's Option – Sautéed chicken thighs are tasty with this. Slice them thin and cook with the mushrooms.

Cooking with a picky eater? Polenta and sweet potatoes are delicious topped with a traditional pasta sauce, as well.

Good To Know

Health snapshot per serving – 424 Calories, 18 g Protein, 7g Fiber, 16 Smart Points

Have questions? The dinner hotline is standing by between 5 & 8 every night at 773.916.MEEZ.

30 Minutes to the Table

30 Minutes Hands On

1 Whisk Super Easy

meezmeals

1. Get Organized

Preheat your oven to 425.

2. Roast the Sweet Potatoes

Put the **Sweet Potatoes** onto a rimmed baking sheet and drizzle with olive oil, salt and pepper. Bake until crispy at the edges and golden brown in parts, about 20 to 25 minutes.

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

3. Crisp the Polenta

While the potatoes are roasting, cut the **Polenta** into approximately 8 pieces. Heat 2 Tbsp olive oil in a large skillet over high heat, then add the polenta in a single layer, working in batches if need be. Sauté until the pieces are golden, about 5 minutes, then flip and cook until golden as well. Set aside.

The more oil the better- it'll make cooking easier. Just be sure it's very hot before adding the polenta.

4. Cook the Mushrooms

In the now-empty polenta skillet, heat 1 Tbsp of olive oil over high heat. Add the **Mushroom Mix**. Cook until they are golden brown and the liquid has evaporated, about 7 to 12 minutes. Set aside.

We've given you a lot of mushrooms. If your pan is crowded, work in batches.

5. Heat the Sauce

Add the **Feta & Cream** to the now-empty mushroom skillet and cook over medium heat. Simmer until it's warm to the touch, about, 3 to 5 minutes. Whisk every 2 to 3 minutes to get the cheese off the bottom of the pan and integrated into the sauce.

*Keep an eye on the sauce; we don't want it to burn!
Love this recipe?
#meezmagic*

Top the polenta with the veggies and sauce. Enjoy!

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

Rotini di Modena with Chicken and Spinach

This gem starts with a creamy balsamic sauce members have gone wild for. Paired with sautéed chicken breast, sautéed spinach and rotini pasta, it's a speedy recipe the family will love.

20 Minutes to the Table

10 Minutes Hands On

1 Whisk Super Easy

Getting Organized

EQUIPMENT

Saucepan
Mixing Bowl
Deep Skillet or Large
Saucepan

FROM YOUR PANTRY

Olive Oil
Salt & Pepper

6 MEEZ CONTAINERS

Rotini Pasta
Chicken Breast
Spinach
Grape Tomatoes
Balsamic Cream
Goat Cheese

Make The Meal Your Own

This dish tastes just as great cold as it does hot, so it's perfect as a make-ahead dinner or a quick pack-and-go lunch.

Leftovers Tip – Toss your leftovers in a small casserole dish, top with shredded cheese (Chef Max recommends mozzarella) and bake until the pasta is hot and the cheese is melted, about 10 to 15 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, through intramuscular injection, or even the egg...ever.

Good To Know

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

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

Health snapshot per serving – 701 Calories, 18g Fat, 53g Protein, 91g Carbs, 21 Smart Points

Lightened up snapshot- 375 Calories, 11g Fat, 11 Smart Points with no pasta and 2/3 goat cheese.

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

INGREDIENTS: Free-Range Chicken Breast, Grape Tomatoes, Whole Wheat Rotini Pasta, Spinach, Heavy Cream, Goat Cheese, Balsamic Vinegar, Brown Sugar, Concentrated Vegetable Stock, Garlic, Herbs

meez meals

1. Getting Organized

Put a saucepan of water on to boil.

2. Cook the Pasta

Add the **Rotini Pasta** to the boiling water. Cook until al dente, about 7 to 9 minutes, drain and return to the saucepan. Combine the warm, cooked pasta with the **Spinach** in the saucepan.

3. Prep the Chicken

While the pasta is cooking, pat the **Chicken Breast** dry with a towel. Place the chicken on a cutting board. Using a sharp knife, cut the chicken breast lengthwise into long strips, about ¼" wide. Rotate the chicken breast 90 degrees and then cut across to create small, even cubes of chicken.

Once the chicken is cut, generously sprinkle with salt and pepper (we use ¼ tsp salt and ¼ tsp pepper, so use about half per side, or more if you like).

4. Cook the Chicken and Tomatoes

Heat 1 ½ Tbsp olive oil in a deep skillet (or large saucepan) over high heat. When the oil is smoking, add the **Chicken Breast** and **Tomatoes**. Cook until the chicken is browned on one side, about 4 minutes, and then stir. Continue sautéing until chicken is fully cooked, about 3 to 4 more minutes. Add the **Balsamic Cream** and bring to a boil. Turn off the heat. Season with salt and pepper to taste. Remove to a mixing bowl.

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

5. Put It All Together

Serve pasta with **Goat Cheese** crumbled on top. Enjoy!

Love this recipe? #meezmagic

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

Mediterranean Calzone

The River Cottage cookbook introduced us to the magic of stovetop calzones, and we've never looked back. They're made by cooking flatbread dough on a skillet, then folding it over hot ingredients to create a dinner that's speedier, and less carb heavy, than a classic calzone. We're making a Mediterranean version this week with broccoli, cauliflower and goat cheese with tasty Mediterranean sumac vinaigrette. Yum!

35 *Minutes to the Table*

15 *Minutes Hands On*

2 Whisks *Easy*

Getting Organized

EQUIPMENT

Rimmed Baking Sheet
Large Skillet or Griddle

FROM YOUR PANTRY

Olive Oil
Salt & Pepper

5 MEEZ CONTAINERS

Spiced Chickpeas
Broccoli Slaw
Whole Wheat Dough
Goat Cheese
Sumac Vinaigrette

Make The Meal Your Own

Omnivore's Option – Chef Max loves ground lamb with this recipe. Roast it with the chickpeas.

Cooking with a picky eater? Kids love calzones. If yours aren't fans of the sumac vinaigrette, marinara would be another great choice.

Good To Know

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

If you're not a fan of goat cheese, we've sent you cream cheese, instead.

Be sure to roll your dough to ½" thickness or thinner, so it cooks evenly.

Health snapshot per serving – 837 Calories, 51g Fat, 22g Protein, 81g Carbs, 31 Smart Points

Lightened up snapshot – 684 Calories, 39 g Fat and 25 Smart Points when you leave out the goat cheese.

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

INGREDIENTS: Broccoli Slaw, Chickpeas, Whole Wheat Dough, Goat Cheese, Dates, Olive Oil, Cider Vinegar, Green Onions, Brown Sugar, Spices, Garlic

meezmeals

1. Getting Organized

Preheat your oven to 400.

2. Make the Filling

Add 1 Tbsp of olive oil to the **Spiced Chickpeas** bag and shake to mix, then pour on to a rimmed baking sheet. Arrange in a single layer and cook for 5 minutes.

Add the **Broccoli Slaw** to the baking sheet and mix well. Drizzle with more olive oil, salt and pepper, and bake until the broccoli is golden brown in places, about 18 to 25 minutes.

3. Make the Calzones

After you add the broccoli slaw to the baking sheet, heat a large skillet or griddle over high heat with 1 Tbsp of oil. As it's heating, cut and roll out your **Whole Wheat Dough** into personal-size rounds.

When your pan is smoking hot, put one round of dough into the skillet. Cook for 2 minutes, until bubbly on top with some brown (or black) spots. Flip and cook until the other side has some dark patches as well, 1 to 2 minutes. Transfer to a plate and spread some of the **Goat Cheese** on top.

Fill the calzone with the hot veggies. Shake the **Sumac Vinaigrette** in the bag to combine and then drizzle over top, and fold the dough over the filling. We like to lay a small pan or a plate on top to keep it closed while we cook the rest of the calzones. Enjoy!

We target 1/2" thick pieces, but the actual size is up to you.

Turn on your stove fan while the calzone is cooking, otherwise your smoke detector may go off.

*Love this recipe?
#meezmagic*

Instructions for two servings.

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

Pasta with Spinach Pesto

Haven't had spinach pesto before? Neither had we, but once we tried it we were hooked. It gives a layer of flavor to the classic basil pesto that we love, to say nothing of the extra vitamin boost. We're making our version with plenty of lemon to keep things bright and mixing it up with roasted cauliflower bits, toasted pecans and whole wheat pasta. Yum!

35 *Minutes to the Table*

5 *Minutes Hands On*

1 Whisk *Super Easy*

Getting Organized

EQUIPMENT

Saucepan
Rimmed Baking
Sheet

FROM YOUR PANTRY

Olive Oil
Salt & Pepper

5 MEEZ CONTAINERS

Cauliflower
Whole Wheat Pasta
Spinach Pesto
Pecans
Parmesan Cheese

Make The Meal Your Own

Cooking with a picky eater? This dinner is a crowd pleaser. If you want to sneak the cauliflower in, though, you could puree it instead of leaving it whole.

Omnivore's Option – Pancetta or bacon is delicious with this dinner.

Want to get a jump on dinner? Roast the cauliflower ahead of time. When you're ready to eat, reheat it in the microwave until warm.

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. Just use an extra pinch of salt and pepper as you cook.

Health snapshot per serving – 721 Calories, 26g Protein, 16g Fiber, 22 Smart Points

Lightened up snapshot – 492 Calories, 23g Fat and 15 Smart points with ½ pasta and no pecans.

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

INGREDIENTS: Cauliflower, Whole Wheat Pasta, Spinach, Pecans, Parmesan Cheese, Olive Oil, Lemon, Basil, Garlic, Spices

meezmeals

1. Getting Organized

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

2. Roast the Cauliflower

Put the **Cauliflower** on to a rimmed baking sheet, drizzle with olive oil and sprinkle with salt and pepper. Toss well and arrange in a single layer. Bake until the cauliflower is golden brown in places, about 15 to 25 minutes; stir once or twice while it's cooking.

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

3. Cook the Pasta

While the cauliflower is roasting, salt the pasta water generously, add the **Whole Wheat Pasta** and cook until al dente, 7 to 9 minutes. Reserve 1 cup of pasta water. Drain the pasta and then return to the pan.

When we say "salt generously," we mean it. Chef Max says it should taste like salt water.

4. Put It All Together

Add the **Spinach Pesto** along with 1 to 2 Tbsp of olive oil to the cooked pasta. Mix well, then add some of the reserved pasta water if you'd like the sauce looser.

Don't skip the olive oil! It brings out the flavors of the pasta.

Mix in the roasted cauliflower, **Pecans** and salt and pepper to taste. Top with **Parmesan Cheese**.

Love this recipe? #meezmagic

Instructions for two servings.

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

Italian 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

Cauliflower

Tortillas

Chickpea Spread

Chihuahua

Cheese

Good to Know

We love the way this recipe sneaks cauliflower into a snack, but you can skip it and enjoy the quesadilla with just the chickpea spread, instead.

Health Snapshot per serving (serves 1)

770 Calories, 40g Fat, 75g Carbs, 10g Fiber

22 Smart Points

Lightened up snapshot (1 tortilla folded in half)

480 Calories, 20g Fat, 65g Carbs, 20g Protein,

16 Smart Points

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

INGREDIENTS: Flour Tortillas, Cauliflower, Chihuahua Cheese, Chickpeas, Tomato, White Wine, Garlic, Herbs and Spices

meezmeals

1. Getting Organized

Preheat your oven to 400.

2. Roast the Cauliflower

Toss the **Cauliflower** with 1 Tbsp of oil and place in the center of a baking sheet (to prevent it from burning). Bake until just starting to brown, about 7 to 10 minutes. Move the cauliflower to one side of the baking sheet to allow room to build the quesadilla.

3. Build the Quesadilla

Oil the 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 **Chickpea Spread** on the tortilla and then top with half of the **Chihuahua Cheese** and all of the cauliflower. Sprinkle the remaining cheese on top of the cauliflower. 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, 6 to 8 minutes. Flip the quesadilla, and cook an additional 3 to 4 minutes. Cut into wedges and serve. Enjoy!

Aztec Salad with Creamy Chipotle Dressing

5 Minutes to the Table

5 Minutes Hands On

Getting Organized

EQUIPMENT

Mixing Bowl

FROM YOUR PANTRY

Salt & Pepper

5 MEEZ CONTAINERS

Avocado

Spinach

Tortilla Chips

Corn & Beans

Creamy Chipotle

Dressing

Put It All Together

Dice the **Avocado** and break the **Tortilla Chips** into pieces. Combine the **Spinach, Corn & Beans**, the broken chips and half the diced avocado in a mixing bowl with half of the **Creamy Chipotle Dressing**. Season with salt and pepper and add more dressing to taste.

Good to Know

Health Snapshot per serving (serves 1)

520 Calories, 20g Protein, 10g Fiber, 30g Fat,
17 Smart Points

Have Questions?

We're standing by at 773.916.6339

INGREDIENTS: Avocado, Spinach, Black Beans, Corn, Queso Fresco, Buttermilk,
Mayonnaise, Tortilla Chips, Red Onion, Chipotle Peppers, Garlic,
Herbs and Spices

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

Dijon Roasted Brussels Sprouts

30 Minutes to the Table

5 Minutes Hands On

1 Whisk Super Easy

Getting Organized

EQUIPMENT

Baking Sheet

FROM YOUR PANTRY

Salt & Pepper
Olive Oil

3 MEEZ CONTAINERS

Brussels Sprouts
Almonds
Dijon Vinaigrette

Make This Meal Your Own

Omnivore's Option – Bacon and Brussels sprouts are a perfect match. Crisp some in the oven or on the stove, chop into bits and add it in when you add the almonds.

Good to Know

Health Snapshot per serving (serves 2)

454 Calories, 32g Carbs, 12g Protein, 15 Smart Points

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

INGREDIENTS: Brussels Sprouts, Almonds, Olive Oil, Red Wine Vinegar, Whole Grain Mustard, Honey, Herbs and Spices

meezmeals

1. Getting Started

Preheat your oven to 400.

2. Roast the Brussels Sprouts

Toss the **Brussels Sprouts** with 1 1/2 Tbsp of olive oil and season with salt and pepper. Spread the Brussels sprouts in a single layer on a baking sheet and roast until they are beginning to brown on the sides, about 15 minutes

Remove the pan from the oven and sprinkle the **Almonds** over top. Return the Brussels sprouts and almonds to the oven and bake until the almonds are fragrant, about 5 additional minutes.

Pour half of the **Dijon Vinaigrette** on to your Brussels sprouts and mix well. Bake for 5 more minutes.

3. Put It All Together

Season the Brussels sprouts with salt and pepper and more vinaigrette to taste. Enjoy! *Love this recipe? #meezmagic*

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

Quick Tips

Panang Curry with Broccoli & Cauliflower

30 Min to Table	15 Min Hands On	1 Whisk Super Easy
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Getting Started Put water on to boil.
(1 c per serving)

Omnivore Option Roasted chicken breast is great with this dish.

Cilantro Lime Rice with Avocado & Toasted Chickpeas

20 Min to Table	20 Min Hands On	1 Whisk Super Easy
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When Meals Arrive Check your avocado for ripeness. If it is hard, leave it on the counter to ripen.

Getting Started Put a saucepan of water on to boil.

Omnivore Option Pulled chicken breast is delicious in this meal.

Southwestern Salmon with Fresh Corn Salsa

20 Min to Table	20 Min Hands On	1 Whisk Easy
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Getting Started No pre-work needed.

Meal Tip Add your favorite grain to bulk the meal up.

Crispy Polenta with Feta & Mushrooms

30 Min to Table	30 Min Hands On	1 Whisk Super Easy
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Getting Started Preheat your oven to 425.

Omnivore Option Chicken thighs are delicious with this dish.

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

Buttermilk Salad with Nut-Crusted Chicken

30 Min to Table	15 Min Hands On	2 Whisks Super Easy
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Getting Started Preheat your oven to 400.

Leftovers Tip This meal is delicious cold!

Rotini Di Modena with Chicken & Spinach

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

Leftovers Tip Turn leftovers into a pasta frittata, or just bake with cheese!

Mediterranean Calzone

35 Min to Table	15 Min Hands On	2 Whisks Easy
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Getting Started Preheat your oven to 400.

Omnivore Option Ground lamb is great in this dish.

Pasta with Spinach Pesto

35 Min to Table	5 Min Hands On	1 Whisk Easy
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Getting Started Preheat oven to 450 & put a pot on to boil.

Omnivore Option Pancetta or bacon is delicious in this.

Italian Quesadilla

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

Meal Tip Skip the cauliflower if you'd like.

Azteco Salad with Creamy Chipotle Dressing

5 Min to Table	5 Min Hands On	1 Whisk Super Easy
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When your Meals arrive Check your avocado for ripeness. If ready, keep it in the fridge. If it is hard, keep it on the counter until you make the salad.



Dijon Roasted Brussels

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

Omnivore Option Bacon would make a great addition.

Health Snapshot

Panang Curry with Broccoli

615 Calories
26 g Protein
30 g Fat
73 g Carbs.
15 g Fiber
889 mg Sod.

21 Smart Points

332% Vitamin C
71% Folate
51% Vitamin A

Southwestern Salmon

500 Calories
45 g Protein
25 g Fat
25 g Carbs.
5 g Fiber
745 mg Sodium

12 Smart Points

100% Vitamin C
90% Vitamin B6
90% Vitamin B12

Nut-Crusted Chicken

808 Calories
55 g Protein
45 g Fat
50 g Carbs.
10 g Fiber
350 mg Sod.

24 Smart Points

225% Vit- C
70% Vit. B-6
45% Vitamin A

Cilantro Lime Rice

508 Calories
12 g Protein
27 g Fat
59g Carbs.
13 g Fiber
410 mg Sodium

17 Smart Points

154% Vitamin A
73% Vitamin C
17% Calcium

Crispy Polenta with Feta

424 Calories
18 g Protein
15 g Fat
57 g Carbs.
7 g Fiber
978 mg Sodium

16 Smart Points

363% Vit. A
60% Vit. C
35% B6

Lighten Up Option

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

Panang Curry

No peanuts

366 Calories
8 g Fat
13 Smart Points

Salmon

No changes

500 Calories
30 g Fat
12 Smart Points

Chicken

*No dates/nuts,
half dressing*

500 Calories
30 g Fat
15 Smart Points

Rice

No changes

508 Calories
27 g Fat
17 Smart Points

Polenta

No Changes

424 Calories
15 g Fat
16 Smart Pts

Health Snapshot

Rotini Di Modena	Mediterranean Calzone	Pasta with Spinach Pesto	Italian Quesadilla	Aztec Salad	Dijon Roasted Brussels
701 Calories	836 Calories	721 Calories	770 Calories	520 Calories	455 Calories
53g Protein	22 g Protein	26 g Protein	35 g Protein	20 g Protein	12 g Protein
18 g Fat	51 g Fat	40 g Fat	40 g Fat	30 g Fat	34 g Fat
91 g Carbs.	80 g Carbs.	79 g Carbs.	75 g Carbs.	40 g Carbs.	32 g Carbs.
9 g Fiber	11g Fiber	16 g Fiber	10 g Fiber	10 g Fiber	10 g Fiber
207 mg Sodium	858 mg Sodium	554 mg Sod.	1, 715 mg Sod.	875 mg Sod.	320 mg Sod.
21 Smart Points	31 Smart Points	22 Smart Points	22 Smart Points	17 Smart Points	15 Smart Points
110% Vitamin C	66% Vitamin C	160% Vitamin C	120% Vitamin C	80% Vitamin A	281% Vitamin C
44% Vitamin A	33% Vitamin A	89% Folate	75% Calcium	50% Vitamin B6	22% Vitamin E
5% Vitamin B-6	18% Calcium	71% Vitamin A	35% Vitamin B6	40% Vit B-12	30% Folate

Lighten Up Option

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

Rotini	Calzone	Pasta	Quesadilla	Salad	Brussels
No pasta, 2/3 goat cheese	No cheese	No pecans, 1/2 pasta	1 tortilla	No changes	No changes
375 Calories	684 Calories	492 Calories	480 Calories	520 Calories	455 Calories
11 g Fat	39 g Fat	23g Fat	20 g Fat	30 g Fat	34 g Fat
11 Smart Points	25 Smart Points	15 Smart Points	16 Smart Points	17 Smart Points	15 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.