

# Grilled Zucchini Quesadilla Tacos

This dinner is part cheesy quesadilla, part taco and a Mexican star through and through. It all starts with Chihuahua cheese melted on corn tortillas, which get topped with grilled zucchini, Mexican bean salad and then eaten like a taco. It's an ooey-goey delicious dinner that's on the table in 15 minutes. Why didn't we think of this sooner?

15 Minutes to the Table

15 Minutes Hands On

1 Whisk *Super Easy*

## Getting Organized

### EQUIPMENT

- Broiler and Baking Sheet or Grill
- 2 Mixing Bowls

### FROM YOUR PANTRY

- Olive Oil
- Salt & Pepper

### 5 MEEZ CONTAINERS

- Spiced Beans
- Lime Vinaigrette
- Zucchini
- Corn Tortillas
- Chihuahua Cheese

## Make The Meal Your Own

**Cooking with a picky eater?** Serve the bean salad on the side.

## Good To Know

**If you're making the vegan version**, we've left the cheese out of your meal. Instead of making a melty quesadilla, assemble it as a delicious taco.

**Don't think you can grill inside?** Think again. Your broiler is a grill; it just has the heat above, rather than below the food. You can also use a grill pan, if you prefer.

**Health snapshot per serving** – 428 Calories, 18g Protein, 17g Fiber, 13 Smart Points

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

INGREDIENTS: Zucchini, Chihuahua Cheese, Black Beans, Great Northern Beans, Yellow Onion, Corn Tortillas, Lime, Cider Vinegar, Cilantro, Jalapeño, Granulated Garlic, Coriander, Agave Syrup, Cumin



### 1. Getting Organized

Heat your grill or preheat your broiler. (If you're broiling, put the top rack of your oven about 6 inches from the heating element.)

### 2. Make the Bean Salad

Put the **Spiced Beans** into a mixing bowl with the **Lime Vinaigrette** and toss well. Season with salt and pepper, and put into the refrigerator to chill.

### 3. Roast the Zucchini

Put the **Zucchini** into another mixing bowl. Toss with olive oil and season with salt and pepper. Put on to the grill or on a rimmed baking sheet under the broiler. Cook until very soft and slightly browned, about 10 to 12 minutes.

*Flip the zucchini a few times while it cooks.*

### 4. Put It All Together

Put the **Corn Tortillas** on to the grill or on a rimmed baking sheet under the broiler. Heat until warm, about 30 to 60 seconds. Turn and top with the **Chihuahua Cheese** and cook until the cheese melts, about 2 to 3 minutes. Top with the roasted zucchini and bean salad. Enjoy!

*Love this recipe? #meezmagic*

## 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. Served 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

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### 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.  
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# Summer Squash Rotini with Blue Cheese

Think this sounds like a strange combination? So did we. Then we tasted it. What a revelation! Fresh herbs balance the earthiness of blue cheese, making it a dish that's fresh and bright and just right for summer. With summer squash, white beans and whole grain rotini, it's a delicious dinner for a warm night.

**20** Minutes to the Table

**20** Minutes Hands On

**1 Whisk** Super Easy

## Getting Organized

### EQUIPMENT

- Saucepan
- Large Skillet
- Small Skillet or Ramekin

### FROM YOUR PANTRY

- Olive Oil
- Salt & Pepper

### 5 MEEZ CONTAINERS

- Summer Squash
- White Beans
- Rotini
- Blue Cheese
- Cilantro Basil Oil

## Make The Meal Your Own

**Cooking with a picky eater?** Skip the flavored oil and serve their portion with olive oil and parmesan instead.

## 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 blue cheese out of your recipe. Skip the oven and simply drizzle the cilantro basil oil over the pasta and veggies.

**If you're making the mellow cheese version,** we've given you parmesan.

**Health snapshot per serving** – 935 Calories, 30g Protein, 18g Fiber, 30 Smart Points.

**Lightened up snapshot** – 760 Calories, 38 g Fat and 23 Smart Points when you leave out the cheese.

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

INGREDIENTS: Zucchini, Yellow Squash, Great Northern Beans, Rotini, Blue Cheese, Olive Oil, Orange Juice, Cilantro, Basil, Garlic

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### 1. Getting Organized

Preheat your oven to 350 and put a saucepan of water on to boil.

### 2. Sauté the Squash

Heat 2 Tbsp olive oil in a large skillet over high heat. Add the **Summer Squash** and cook until browned on the sides, stirring occasionally, about 7 to 12 minutes. Add the **White Beans** and cook until hot, about 5 minutes.

*You don't want to crowd your pan, so work in batches if necessary.*

### 3. Cook the Rotini

While the squash is cooking, salt the boiling water and add the **Rotini**. Cook until al dente, about 8 to 12 minutes.

*Stir the pasta a few times while it cooks to prevent it from sticking.*

### 4. Make the Sauce

Put the **Blue Cheese** into a small casserole dish and bake until it melts and browns on top, about 7 to 10 minutes. Stir in the **Cilantro Basil Oil**.

### 5. Put It All Together

Toss the pasta with the squash, beans and blue cheese sauce. Season with salt and pepper to taste. Enjoy!

Instructions for two servings.

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# Mediterranean Lemon Chai Salmon with Pearl Couscous

Back by popular demand, Meez's signature lemon chai dressing brings a sunny flavor to seared salmon. Served up with cherry tomatoes, broccoli and pearl couscous, it's an easy dinner the whole family will love.

**20** Minutes to the Table

**20** Minutes Hands On

**1 Whisk** Super Easy

## Getting Organized

### EQUIPMENT

Saucepan  
Shallow Pie Dish or Plate  
Large Skillet

### FROM YOUR PANTRY

½ Cup of Flour  
Olive Oil  
Salt & Pepper

### 5 MEEZ CONTAINERS

Couscous  
Salmon  
Broccoli  
Lemon Chai Sauce  
Feta Cheese

## Make The Meal Your Own

**Leftovers Tip** – Serve your leftovers over lettuce for a light next-day lunch.

## Good To Know

**If you're making the gluten-free version**, we've sent you quinoa. Bring 2 ½ cups of water to a boil, and then add the quinoa and a dash of salt. Cover and lower the heat to a simmer. Cook for 12 to 15 minutes, until the grain looks spiraled. Fluff and let sit covered for 5 minutes.

**If you want to test the doneness of the salmon**, use a thermometer. You want the internal temperature to be at least 140 degrees. If you don't have a thermometer, you can cut the fish in half to check the doneness.

**Health snapshot per serving** – 890 Calories, 50g Fat, 40g Protein, 65g Carbs, 29 Smart Points

**Lightened up snapshot** – 588 Calories, 38g Fat and 17 Smart Points with no feta or couscous.

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

INGREDIENTS: Broccoli, Salmon, Couscous, Cherry Tomatoes, Feta Cheese, Olive Oil, Lemon Juice, Green Onion, Brown Sugar, Garlic, Herbs and Spices

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### 1. Getting Organized

Put a saucepan of water on to boil.

### 2. Cook the Couscous

Salt the boiling water and add the **Couscous**. Cook 7 to 8 minutes until al dente. Drain and set aside.

### 3. Dredge and Cook the Salmon

While the couscous is cooking, pour ½ cup flour in a shallow pie pan or on a plate and add a generous pinch of salt and pepper. Coat the **Salmon** with the flour, making sure each fillet is covered.

Heat 2 Tbsp of oil in a large skillet on high heat. Add the salmon and cook 4 minutes. Flip and cook an additional 2 minutes. Turn off the heat and let sit for 5 minutes. Remove from the pan and set aside.

### 4. Cook the Broccoli

Heat the same skillet that you used to cook the salmon over medium-high heat. (Don't wipe it out. You want all those bits of flavor.) Add the **Broccoli** and cook until bright green but still crisp, about 3 to 5 minutes. Add the **Lemon Chai Sauce** to the pan and cook until hot, about 1 minute.

Serve the couscous topped with salmon, broccoli and **Feta Cheese**. Enjoy!

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

*If you want to check the doneness of the fish, use a thermometer (you're looking for 140 degrees or higher) or cut the fish in half.*

*Love this recipe? #meezmagic*

Instructions for two servings.  
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# 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 1/4" 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 1/4 tsp salt and 1/4 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 3/4 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 1/4 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!*

## Himalayan Red Rice with Bangkok Basil Crunch

Our favorite rice bowl. It all starts with an Asian-inspired basil crunch made from plenty of fresh basil, ginger, coconut and ground peanuts, mixed up with Himalayan red rice, baked organic tofu and roasted kale. Unusual and totally delicious.

**35** Minutes to the Table

**10** Minutes Hands On

**1 Whisk** Super Easy

### Getting Organized

#### EQUIPMENT

2 Rimmed Baking Sheets  
Saucepan

#### FROM YOUR PANTRY

Olive Oil  
Salt & Pepper

#### 5 MEEZ CONTAINERS

Basil Peanut Crunch  
Red Rice  
Kale  
Tofu  
Coconut

### Make The Meal Your Own

**Want to get dinner on the table in a flash?** Cook the red rice up to two days in advance.

**Kids and picky eaters** will enjoy this dinner deconstructed - everyone can eat the parts they love best.

**Dedicated omnivores** can serve this up with chicken drumsticks, baked and served with the same sauce.

### Good To Know

**Health snapshot per serving** – 620 Calories, 20g Protein, 10g Fiber, 14 WW Smart Points

**Lightened up snapshot** – 500 Calories, 15g Fat and 11 WW Smart Pts with no coconut and  $\frac{3}{4}$  rice

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

INGREDIENTS: Organic Tofu, Kale, Himalayan Red Rice, Peanuts, Coconut Milk, Coconut, Gluten Free Soy Sauce, Rice Wine Vinegar, Brown Sugar, Basil, Ginger, Sesame Oil, Garlic, Spices

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### 1. Getting Organized

Preheat your oven to 425, put a saucepan of water on to boil and take the **Basil Peanut Crunch** out of the refrigerator to warm up.

### 2. Cook the Red Rice

Salt the boiling water and add the **Red Rice**. Simmer uncovered until tender, about 20 to 25 minutes. Drain, return to the pot and let sit, covered, for 5 minutes.

### 3. Roast the Kale, Tofu and Coconut

Put the **Kale** on a rimmed baking sheet and drizzle with olive oil, salt and pepper. Cook until it just starts to crisp at the edges, about 12 to 15 minutes.

Start the tofu as soon as the kale goes into the oven. Put the **Tofu** on to a rimmed baking sheet. Drizzle with olive oil and arrange in a single layer, then bake until it's golden brown at the edges and puffs a little, about 7 to 15 minutes. When the tofu is about 3 minutes away from coming out of the oven, add the **Coconut** to the baking sheet. Bake until fragrant and golden brown, about 3 minutes.

*We like to line our baking sheets with parchment to make clean up easier.*

*Keep an eye on the coconut while it cooks! Even Chef Max has burned it once or twice.*

### 4. Put It All Together

Serve the rice topped with the kale, tofu and half of the **Basil Peanut Crunch**. Mix together, then add more basil peanut crunch to taste. Serve topped with the toasted coconut. Enjoy!

*Love this recipe? #meezmagic*

# Barbequed Sweet Potato Couscous Gratin

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

**40** Minutes to the Table

**10** Minutes Hands On

**1 Whisk** Super Easy

## Getting Organized

### EQUIPMENT

Oven-Safe  
Saucepan  
Rimmed Baking  
Sheet

### FROM YOUR PANTRY

Olive Oil  
Salt & Pepper

### 5 MEEZ CONTAINERS

Sweet Potatoes  
Pearl Couscous  
Barbeque Sauce  
Mozzarella & Cherries  
Kale

## Make The Meal Your Own

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

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

## Good To Know

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

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

**Health snapshot per serving** – 680 Calories, 25g Protein, 11g Fiber, 21 Smart Points

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

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

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### 1. Getting Organized

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

### 2. Roast the Sweet Potatoes

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

### 3. Cook the Couscous

Once the sweet potatoes are cooking, start the couscous. Salt the boiling water generously, add the **Pearl Couscous** and cook for 5 minutes. Drain and set aside.

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

### 4. Assemble the Casserole

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

### 5. Sauté the Kale

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

*Love this recipe? #meezmagic*

Instructions for two servings.

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# 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** – 1,009 Calories, 59g Fat, 50g Protein, 73g Carbs, 30 Smart Points

**Lightened up snapshot** – 719 Calories, 52g Fat, and 21 Smart Points with ½ the rice and no tortillas.

**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.  
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# Pesto & Potato Pizza

**25** Minutes to the Table

**5** Minutes Hands On

**1 Whisk** Super Easy

## Getting Organized

### EQUIPMENT

Baking Sheet

### FROM YOUR PANTRY

Salt & Pepper

Olive Oil

### 4 MEEZ CONTAINERS

Potatoes

Pizza Dough

Basil Spinach

Pesto

Mozzarella

## Make It Your Own

**If you're a meat eater**, this pizza is great topped with your favorite sausage or pepperoni.

## Good to Know

### **Health Snapshot per serving (serves 1)**

916 Calories, 44g Fat, 41g Protein, 36 Smart Points

**Lightened up snapshot (1/3 cheese, 1/2 pesto, 1/2 potatoes)** 619 Calories, 24g Fat, 18 Smart Points

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

INGREDIENTS: Fingerling Potatoes, Whole Wheat Pizza Dough, Mozzarella, Spinach, Parmesan, Olive Oil, Basil, Lemon Juice, Garlic

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### 1. Getting Started

Preheat your oven to 425.

### 2. Prep and Cook the Potatoes

Cut the **Potatoes** into small rounds – you should get about 8 to 10 rounds per potato. (If you have a mandoline, you can use it here.) Toss the potato rounds with 1 Tbsp of olive oil and salt and pepper. Spread the potatoes in a single layer on a baking sheet and roast for 5 to 7 minutes. Move the potatoes to one the side of the baking sheet to allow room to build the pizza.

### 3. Make the Pizza

While the potatoes are 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.

Put the dough on the baking sheet. Top with ¾ of the **Basil Spinach Pesto** and the roasted potatoes. Spoon dollops of the remaining pesto around the top of the pizza and then top with **Mozzarella**. Bake until the crust is brown and the cheese is melted, 12 to 15 minutes. Enjoy!

*Love this recipe? #meezmagic*

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# Black Bean Quesadilla

**20** Minutes to the Table

**5** Minutes Hands On

**1 Whisk** Super Easy

## Getting Organized

### EQUIPMENT

Baking Sheet

### FROM YOUR PANTRY

Vegetable Oil

### 5 MEEZ CONTAINERS

Avocado

Tortillas

Cheese & Spices

Black Beans

Salsa Crema

## Good to Know

**Want to save the oven time?** You can cook this on the stovetop, instead.

### **Health Snapshot per serving (serves 1)**

945 Calories, 55g Fat, 90g Carbs, 30g Protein,  
30 Smart Points

### **Lightened up snapshot (1 tortilla, no avocado)**

500 Calories, 25g Fat, 50g Carbs, 20g Protein,  
20 Smart Points

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

INGREDIENTS: Flour Tortillas, Avocado, Black Beans, Chihuahua Cheese,  
Tomato, Sour Cream, Lime Juice, Garlic, Herbs and Spices

*meez* meals

### 1. Getting Organized

Preheat your oven to 400 and slice your **Avocado**.

### 2. Prep the Tortillas

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.

### 3. Build the Quesadilla

Sprinkle the **Cheese & Spices** on the tortilla then top with the **Black Beans** and half of the sliced avocado. 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 with **Salsa Crema** and the remaining avocado. Enjoy!

*Love this recipe? #meezmagic*

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

# Thai Peanut Carrots

**20** *Minutes to the Table*

**5** *Minutes Hands On*

**1 Whisk** *Super Easy*

## Getting Organized

### EQUIPMENT

Mixing Bowl  
2 Baking Sheets

### FROM YOUR PANTRY

Salt & Pepper  
Olive Oil

### 3 MEEZ CONTAINERS

Carrots  
Coconut  
Peanut Sauce

## Good to Know

**If you have any leftovers**, toss them with your favorite pasta (linguine works well) for a tasty, Asian-inspired noodle salad.

### **Health Snapshot per serving (serves 2)**

446 Calories, 28g Fat, 46g Carbs, 14g Protein,  
18 Smart Points

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

INGREDIENTS: Carrots, Peanut Butter, Coconut, Rice Vinegar, Soy Sauce,  
Brown Sugar, Garlic, Ginger, Spices

meezmeals

### 1. **Getting Started**

Preheat your oven to 400.

### 2. **Roast the Carrots and Coconut**

Toss **Carrots** with 2 Tbsp olive oil and spread in a single layer on a baking sheet. Roast until starting to brown, about 10 minutes.

Add the **Coconut** to the baking sheet and cook until golden brown, about 3 to 5 minutes. (Watch carefully - coconut burns easily!)

### 3. **Make the Peanut Sauce**

While the carrots are cooking, put the **Peanut Sauce** in a bowl and add 1 to 2 Tbsp water, until it's the consistency you like.

### 4. **Put It All Together**

Toss the carrots with the peanut sauce and coconut. Enjoy!

*Love this recipe? #meezmagic*

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

## Quick Tips

### Grilled Zucchini Quesadilla Tacos

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<b>15 Min</b> to Table	<b>15 Min</b> Hands On	<b>1 Whisk</b> Easy
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**Getting Started** Heat grill or preheat broiler.

**Picky Eater Tip** Serve the bean salad on the side.

### Mediterranean Lemon Chai

### Salmon with Pearl Couscous

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<b>20 Min</b> to Table	<b>20 Min</b> Hands On	<b>1 Whisk</b> Super Easy
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**Getting Started** Put a saucepan of water on to boil.

**Leftovers Tip** Serve leftovers over lettuce.

**From Your Pantry** You'll need 1/4 cup of flour per serving.

### Steak Quinoa Bowl

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<b>30 Min</b> to Table	<b>15 Min</b> Hands On	<b>1 Whisk</b> 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.

### Summer Squash Rotini with Blue Cheese

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<b>20 Min</b> to Table	<b>20 Min</b> Hands On	<b>1 Whisk</b> Super Easy
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**Getting Started** Preheat your oven to 350 and put water on to boil.

**Picky Eater Tip** Skip the flavored oil and serve theirs with olive oil and parmesan.

### Tahitian Chicken Paella

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<b>40 Min</b> to Table	<b>20 Min</b> Hands On	<b>1 Whisk</b> 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.



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## Himalayan Red Rice with Bangkok Basil Crunch

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<b>35 Min</b> to Table	<b>10 Min</b> Hands On	<b>1 Whisk</b> Super Easy
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**Getting Started** Preheat your oven to 425 and bring water to a boil.

**Omnivore Option** Chicken drumsticks are great in this.

## Barbequed Sweet Potato Couscous Gratin

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

**Speed Tip** You can cook the couscous ahead, to save time.

## Tokyo Tilapia Burrito

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<b>25 Min</b> to Table	<b>20 Min</b> Hands On	<b>1 Whisk</b> 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!

## Pesto and Potato Pizza

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<b>25 Min</b> to Table	<b>5 Min</b> Hands On	<b>1 Whisk</b> Super Easy
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**Getting Started** Preheat your oven to 425.

**Meal Tip** This pizza is great topped with sausage or pepperoni.

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

## Black Bean Quesadilla

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<b>20 Min</b> to Table	<b>5 Min</b> Hands On	<b>1 Whisk</b> 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 quesadilla.

**Getting Started** Preheat your oven to 400.

## Thai Peanut Carrots

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<b>20 Min</b> to Table	<b>5 Min</b> Hands On	<b>1 Whisk</b> Super Easy
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**Getting Started** Preheat oven to 400

**Leftover Tip** Add some pasta for an easy lunch.



## Health Snapshot

### Grilled Quesadilla Tacos

428 Calories  
18 g Protein  
6 g Fat  
82 g Carbs.  
17 g Fiber  
332 mg Sodium

13 Smart Points

21% Calcium  
69% Vit. A  
44% Vit. 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

### Summer Squash Rotini

935 Calories  
30 g Protein  
52 g Fat  
99 g Carbs.  
18 g Fiber  
915 mg Sod.

30 Smart Points

13% Vitamin A  
80% Folate  
46% Vitamin C.

### Lemon Chai Salmon

890 Calories  
40 g Protein  
50 g Fat  
65 g Carbs.  
5 g Fiber  
570 mg Sod.

29 Smart Points

100% Vit. B6  
100% Vit. B12  
80% 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

### Lighten Up Option

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

#### Tacos

No change

428 Calories  
6 g Fat  
13 Smart Points

#### Quinoa Bowl

No change

399 Calories  
15 g Fat  
10 Smart Points

#### Rotini

No cheese

760 Calories  
38 g Fat  
23 Smart Points

#### Salmon

No Feta or  
Couscous

588 Calories  
38 g Fat  
17 WW Smart  
Points

#### Chicken

No cashews

465 Calories  
8 g Fat  
16 Smart Points 11  
WW+ Points

## Health Snapshot

### Himalayan Red Rice

620 Calories  
20 g Protein  
20 g Fat  
110 g Carbs.  
10 g Fiber  
1,400 Sodium

14 Smart Points

300% Vitamin A  
75% Calcium  
25% Folate

### Barbequed Couscous

680 Calories  
25g Protein  
10 g Fat  
124 g Carbs.  
11 g Fiber  
1073 mg Sod.

21 Smart Points

715% Vitamin A  
111% Vitamin C  
33% Calcium

### Tokyo Tilapia Burrito

1009 Calories  
50 g Protein  
59 g Fat  
73 g Carbs.  
4 g Fiber  
2049 mg Sod.

30 Smart Points

88% Vitamin A  
14% Vitamin C  
10% Calcium

### Pesto Potato Pizza

916 Calories  
41 g Protein  
44 g Fat  
96 g Carbs.  
10 g Fiber  
1507 mg Sodium

36 Smart Points

93% Vitamin C  
97% Calcium  
119% Vitamin A

### Black Bean Quesadilla

945 Calories  
30 g Protein  
55 g Fat  
90 g Carbs.  
20 g Fiber  
1,300 mg Sod.

30 Smart Points

70% Folate  
60% Calcium  
35% Vitamin C

### Thai Peanut Carrots

446 Calories  
14 g Protein  
28 g Fat  
46 g Carbs.  
8 g Fiber  
1,298 mg Sod.

18 Smart Points

308% Vitamin A  
11% Vitamin B6  
8% Folate

### Lighten Up Option

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

#### Red Rice

No coconut,  
3/4 rice

500 Calories  
15 g Fat  
11 WW Smt. Pts.

#### Couscous

No changes

680 Calories  
10 g Fat  
21 Smart Points

#### Burrito

½ the rice and no  
tortillas

719 Calories,  
52g Fat  
21 Smart Points

#### Pizza

½ pesto &  
potatoes, 1/3  
cheese

495 Calories  
20 g Fat  
18 Smart Points

#### Quesadilla

1 tortilla, no  
avocado

500 Calories  
25 g Fat  
20 Smart Points

#### Carrots

No changes

446 Calories  
28 g Fat  
18 SmartPoints