

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 $\frac{1}{4}$ tsp of each.

Health snapshot per serving – 780 Calories, 44g Fat, 53g Protein, 52g Carbs, 23 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: Cage-Free 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

Generously season **Chicken Breast** 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.

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.

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.

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

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*

Instructions for two servings.

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

Udon Noodles with Spicy Green Beans

We're mixing up a sweet and spicy Asian sauce this week with almonds, chili peppers, agave and tamari. The flavors are addictive, and perfect with green beans, organic tofu and udon noodles. The result is a sophisticated dinner that's on the table in 20 minutes. That's our type of meal!

20 *Minutes to the Table*

20 *Minutes Hands On*

1 Whisk *Super Easy*

Getting Organized

EQUIPMENT

Saucepan
Large Skillet

FROM YOUR PANTRY

Olive Oil
Salt & Pepper

6 MEEZ CONTAINERS

Green Beans
Udon Noodles
Spicy Sweet Asian Sauce
Crushed Chili Peppers
Tofu
Water Chestnuts

Make the Meal Your Own

Omnivore's Option – Pork would be a natural addition to this dish. Cook it first and then toss it with the almond pesto at the end.

Don't love spice? Use only a tiny pinch of the crushed chili peppers.

Good to Know

If you're making the gluten-free version, we've sent you rice noodles instead. Cook until tender, about 5 minutes, drain and then rinse under cold water.

Health snapshot per serving – 420 Calories, 20 g Protein, 12 g Fiber, 12 Smart Points

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

INGREDIENTS: Green Beans, Udon Noodles, Tofu, Water Chestnuts, Tamari, Almonds, Red Onion, Agave Nectar, Rice Wine Vinegar, Crushed Red Pepper, Garlic

meezmeals

1. Get Organized

Put a large pot of water on to boil.

2. Blanch the Green Beans

Add the **Green Beans** to the boiling water and cook until they are bright green and just barely tender, about 2 minutes. (Don't overcook them. Soggy green beans are what give this tasty vegetable a bad reputation!)

Use a slotted spoon to remove the beans from the pot and rinse under very cold water (this stops them from overcooking). Once the beans are cold to the touch, drain well and set aside.

Be sure to put the green beans into very cold water as soon as you drain them- run the water a few minutes in advance to get it good and cold.

3. Cook the Udon

Return the pot of water to a boil over medium-high heat. Add the **Udon Noodles** and cook until tender, about 10 to 12 minutes. Drain and set aside.

4. Put It All Together

Heat 1Tbsp olive oil in a large skillet over medium heat. Add $\frac{3}{4}$ of the **Spicy Sweet Asian Sauce** and as much of the **Ground Chili Peppers** as you'd like. (We use about $\frac{1}{2}$ of them. If you're spice-averse, start with just a pinch.)

Add a tablespoon or two of water if you'd like the sauce a little thinner.

Cook for one minute, add the **Organic Tofu, Water Chestnuts** and green beans and cook an additional 2 minutes until everything is heated through. Toss the veggies with the udon and the remaining sauce.

Love this recipe? #meezmagic

Instructions for two servings.

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

Kung Pao Steak Tacos

Can't decide between Chinese or Mexican? You won't have to choose with our kung pao sauce drizzled sirloin strips, wrapped in warm tortillas and topped with basil cilantro sesame crunch. Who says you can't have everything?

15 Minutes to the Table

15 Minutes Hands On

1 Whisk *Super Easy*

Getting Organized

EQUIPMENT

- Large Skillet
- Small Skillet (optional)

FROM YOUR PANTRY

- Olive Oil
- Salt & Pepper

5 MEEZ CONTAINERS

- Steak
- Kung Pao Sauce
- Broccoli Slaw
- Tortillas
- Herbs & Sesame
- Seeds

Make The Meal Your Own

Leftovers tip – This makes a great leftover lunch. Serve the steak and slaw over your favorite rice or noodle.

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 steak 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 – 695 Calories, 26g Fat, 52g Protein, 64g Carbs, 22 Smart Points

Lightened up snapshot – 502 Calories, 27g Fat, 13 Smart Points when you make a stir-fry, using no tortillas and ½ the kung pao sauce.

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

INGREDIENTS: Broccoli Slaw, Steak, Corn Tortillas, White Wine, Soy Sauce, Sesame Seeds, Sambal, White Vinegar, Brown Sugar, Sesame Oil, Carrots, Basil, Cilantro, Garlic, Cornstarch

meez meals

1. Cook the Steak

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.

- **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.

While the steaks are resting, return the skillet to the stove over medium heat. Add the **Kung Pao Sauce** and cook just until heated through, about 2 to 3 minutes. Remove from the heat and stir in **Broccoli Slaw**.

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). Toss the strips with the sauce and broccoli slaw.

2. Heat the Tortillas

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

3. Put It All Together

Serve the tortillas filled with sliced steak and slaw and top with **Herbs & Sesame Seeds** to taste. Enjoy! *Love this recipe? #meezmagic*

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

Beef continues to cook as it rests, so remove it from the heat when it's a little less done than you like to prevent it from overcooking.

Instructions for two servings.

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

Loaded Mozzarella & Balsamic-Glazed Tomato Quesadilla

25 Minutes to the Table

25 Minutes Hands On

2 Whisks Easy

Our members say it best: "The quesadilla was fantastic. It was tasty, easy and fun to make! Kinda like pizza AND the cherry tomato topping was so GOOD." What could be that delicious? This caprese-inspired quesadilla layers basil pesto, spinach, balsamic-glazed tomatoes and lots of mozzarella in a warm tortilla. It's a dinner you don't want to miss.

Getting Organized

EQUIPMENT

Large Skillet
Bowl

FROM YOUR PANTRY

Olive Oil
Salt & Pepper

6 MEEZ CONTAINERS

Tomatoes
Balsamic Glaze
Spinach
Tortillas
Basil Pesto
Mozzarella

Make The Meal Your Own

Want to eat even faster? Use two pans and cook up the tomatoes and spinach at the same time. Dinner will be on the table in about 15 minutes.

Cooking for a crowd? Free up a few burners by cooking your quesadillas under the broiler instead of on the stove.

Good To Know

If you're making the gluten-free version, we've given you corn tortillas. They're smaller than flour tortillas, so you'll make two round quesadillas per person, rather than one half-moon.

If you're making the vegan version, skip the mozzarella and make a pesto and spinach foldover. Cook the vegetables and heat the tortillas according to the instructions, then spread on the pesto, fill with the spinach and tomatoes and cook until heated through.

Health snapshot per serving – 605 Calories, 29g Fat, 26g Protein, 7g Fiber, 22 Smart Points

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

INGREDIENTS: Tomatoes, Spinach, Flour Tortillas, Mozzarella Cheese, Basil, Almonds, Balsamic Vinegar, Brown Sugar, Lemon Juice, Olive Oil, Garlic

meezmeals

1. Getting Organized

Heat 1 Tbsp of olive oil in a large skillet over medium heat.

2. Cook the Vegetables

Add the **Tomatoes** and cook until they pop and most of the liquid has evaporated, 5 to 10 minutes. Add the **Balsamic Glaze** and cook another 2 minutes. Transfer to a bowl and return the skillet to the heat.

Add the **Spinach** and a good pinch of salt. Cook until it just wilts, about 1 to 2 minutes.

3. Assemble the Quesadillas

Wipe out the skillet with a paper towel, and then heat 1 Tbsp of oil over medium heat. Place one **Tortilla** into the skillet and move around to lightly coat the bottom with oil. Repeat each time you're making a new quesadilla.

Spread the **Basil Pesto** on the tortilla and then add some of the wilted spinach and **Mozzarella** on one side. Fold one side over and cook until golden, about 2 to 3 minutes on each side.

4. Put It All Together

Cut the quesadillas into pieces and serve topped with the glazed tomatoes. Enjoy!

Love this recipe? #meezmagic

We like to assemble the quesadillas in the pan so there's no risk of a mess.

If there's extra liquid with the tomatoes, just leave it behind. You don't want to make the quesadillas soggy.

Instructions for two servings.

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

Fontina Baked Chicken

A classic Italian recipe and guaranteed crowd pleaser. With melted Fontina, crispy breadcrumbs and balsamic-glazed greens, all drizzled with an Italian cream sauce, it's a restaurant-worthy meal on the table in just 30 minutes.

30 Minutes to the Table

15 Minutes Hands On

2 Whisks *Easy*

Getting Organized

EQUIPMENT

Large Oven-Safe Skillet
Large Skillet

FROM YOUR PANTRY

Olive Oil
Salt & Pepper

6 MEEZ CONTAINERS

Chicken Breast
Roasted Red Peppers
Fontina & Breadcrumbs
Cream Sauce
Spinach & Kale
Balsamic Glaze

Make The Meal Your Own

Have leftovers? These flavors are delicious with pasta. Just cook up your favorite and toss with the leftovers.

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

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 – 550 Calories, 21g Fat, 54g Protein, 32g Carbs, 17 Smart Points

Lightened Up Snapshot– 481 Calories, 18g Fat, 29g Carbohydrates, 15 Smart Points when you use ½ the cheese and breadcrumbs

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

INGREDIENTS: Cage-Free Chicken, Roasted Red Pepper, Spinach, Fontina Cheese, Half & Half, White Wine, Kale, Panko Breadcrumbs, Balsamic Vinegar, Italian Breadcrumbs, Brown Sugar, Garlic, Herbs

meez meals

1. Getting Organized

Preheat your oven to 400.

2. Prep and Cook the Chicken

Generously season the **Chicken Breast** with salt and pepper (we use ¼ tsp salt and ¼ tsp pepper, so use about half per side, or more if you like).

Heat 1 tsp oil in a large oven-safe skillet over high heat. When the oil is hot, add the chicken breasts to the pan. Cook, without moving or flipping, until the bottom is browned and each piece begins to color up the side, about 3 minutes. Flip and continue cooking until the other side is well browned, about 3 more minutes. Turn off the heat.

The chicken will not be fully cooked at this point, but it will continue cooking in the oven.

3. Bake the Chicken

Lay the **Roasted Red Peppers** evenly on top of the chicken breasts. Top with **Fontina & Breadcrumbs**, pressing down to cover the peppers and the entire chicken breast.

Pour the **Cream Sauce** into the bottom of the pan and return pan to medium-high heat. As soon as the sauce begins to boil, turn off the heat and place the skillet into the oven. Bake until the breadcrumbs are golden brown and the sauce has thickened, about 12 to 15 minutes.

The sauce will be very thick. We like it that way, but if you prefer a thinner sauce, add 1-2 Tbsp of water to the pan after it's been in the oven 5 minutes.

4. Sauté the Greens

Heat 1 tsp oil in a large skillet over high heat. Add the **Spinach & Kale** and cook until lightly wilted, but still bright green, about 2 minutes. Stir in **Balsamic Glaze**, coating the greens, until thickened. Drain any excess liquid from the pan.

Serve the glazed greens alongside the baked chicken.

If you're cooking your greens in batches, use 1 tsp of oil per batch.

Love this recipe? #meezmagic

Instructions for two servings.

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

Caper Tilapia with Parsley and Potatoes

Sophisticated made easy. We're serving seared tilapia with a classic beurre blanc sauce this week. It sounds fancy, but this parsley caper butter sauce comes together in a flash. Served over roasted potatoes, it's a recipe the whole family will love.

35 Minutes to the Table

10 Minutes Hands On

1 Whisk *Super Easy*

Getting Organized

EQUIPMENT

Rimmed Baking Sheet
Large Skillet

FROM YOUR PANTRY

3 Tbsp Butter
Olive Oil
Salt & Pepper

5 MEEZ CONTAINERS

Fingerling Potatoes
Tilapia
White Wine
Capers & Garlic
Parsley

Make The Meal Your Own

To get your potatoes nice and crisp, arrange them skin-side up on your baking sheet.

Good To Know

The parsley caper butter sauce is Chef Max's take on the classic French beurre blanc. It sounds complicated, but it's simple to make and adds great flavor to the dish.

Health snapshot per serving – 455 Calories, 4g Fat, 47g Protein, 53g Carbs, 10 Smart Points

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

INGREDIENTS: Fingerling Potatoes, Tilapia, White Wine, Caper, Parsley, Garlic

meezmeals

1. Getting Organized

Preheat your oven to 400 degrees.

2. Prep and Roast the Potatoes

Cut the **Fingerling Potatoes** in half lengthwise. Toss with 2 Tbsp of oil and season generously with salt and pepper. Arrange in a single layer on a baking sheet and roast until deep brown and crispy, about 30 minutes.

For extra crispy potatoes, place them skin-side up.

3. Cook the Tilapia

When the potatoes have been cooking for 15 minutes, dry the **Tilapia**. Season the tilapia with ¼ tsp each salt and pepper. Heat 2 Tbsp oil in a large skillet over medium-high heat. When the oil is hot, add the tilapia and cook until browning on the bottom and coloring up the sides, about 3 to 4 minutes. Flip and cook an additional 3 to 4 minutes. Remove to a plate and let rest. Pour out any excess oil from the skillet.

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

Pour out extra oil, but leave behind any browned bits on the bottom of the skillet - they add great flavor to your sauce.

4. Make the Sauce

Cut 3 Tbsp cold butter in small chunks. Add the **White Wine** to the now-empty skillet, return skillet to stove and cook over medium high heat. Continue to stir, scraping up any browned bits from the bottom of the pan. Cook the wine until about 1/3 of it has reduced, about 3 to 6 minutes. Add the **Capers & Garlic** and cook 1 minute. Turn off the heat and stir in butter and **Parsley**.

5. Put It All Together

Top the crispy potatoes with the fish and drizzle the white wine butter sauce over the top to serve.

Love this recipe? #meezmagic

Instructions for two servings.

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

Spicy Argentinean Black Beans & Rice Bowl

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

40 Minutes to the Table

20 Minutes Hands On

1 Whisk *Super Easy*

Getting Organized

EQUIPMENT

Rimmed Baking Sheet
2 Saucepans
Mixing Bowl

FROM YOUR PANTRY

Olive Oil
Salt & Pepper

4 MEEZ CONTAINERS

Brown Rice
Sweet Potatoes
Chimichurri Salsa
Black Beans & Onions

Make The Meal Your Own

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

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

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

Good To Know

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

Health snapshot per serving – 634 Calories, 25 g Protein, 21 g Fiber, 17 Smart Points

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

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

meezmeals

1. Getting Organized

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

2. Cook the Rice

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

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

3. Roast the Sweet Potatoes

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

4. Make the Chimichurri Salsa

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

5. Cook the Black Beans

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

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

Love this recipe? #meezmagic

Instructions for two servings.

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

Barbeque Flatbread Pizza

Back by popular demand! A whole-wheat crust spread with a delicious BBQ sauce and topped with black beans, crispy kale, smoked gouda and dried cherries. Sound unusual? Definitely. But together these ingredients are magic.

30 *Minutes to the Table*

10 *Minutes Hands On*

1 Whisk *Super Easy*

Getting Organized

EQUIPMENT

Rimmed Baking Sheet

FROM YOUR PANTRY

Olive Oil
Salt & Pepper
Flour for Dusting

5 MEEZ CONTAINERS

Pizza Dough
Kale
Barbeque Sauce
Black Beans
Cheese & Cherries

Make The Meal Your Own

Kids and picky eaters tip – Serve their portion with the crispy kale on the side.

Omnivore's Option – Barbeque chicken pizza is about as classic as it gets. If you have some leftover roast chicken, it would be great on this pizza.

Good To Know

If you're making the vegan version, we've left out the cheese. Cook the kale and pizza separately, rather than finishing them together, the way we recommend for folks using cheese. Cook the kale until it's crispy and browned. While it's cooking, bake the pizza with just the sauce, beans and cherries. Top it with the cooked kale and enjoy! (Need help? Give us a call!)

Health snapshot per serving – 730 Calories, 20g Fat, 35g Protein, 24 Smart Points

Lightened up snapshot – 500 Calories, 10g Fat and 15 Smart Points with ½ the cheese & cherries.

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

INGREDIENTS: Kale, Whole Wheat Pizza Dough, Black Beans, Barbeque Sauce, Gouda Cheese, Mozzarella Cheese, Dried Cherries, Granulated Garlic

meez *meals*

1. Getting Organized

Preheat your oven to 400 and take the **Pizza Dough** out of the refrigerator.

Warming up your pizza dough is important! It makes it easier to roll.

2. Bake the Kale

Put the **Kale** on to a rimmed baking sheet and drizzle with 2 Tbsp olive oil. Toss well, then arrange the kale in a single layer and bake for 10 minutes. Transfer to a plate.

The kale will finish cooking on top of the pizza; so don't let it get fully toasted and browned.

3. Prepare the Pizza Dough

Once 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 ¼" thickness. We usually make two-person pizzas (even if we're making the 4-serving size) and ours are about 8" wide and 14" long, but you can make yours however you like.

Sprinkling your counter with flour is important. It keeps the dough from sticking.

4. Bake the Pizza

Put the pizza on to the now-empty baking sheet. Spread some of the **Barbeque Sauce** over the pizza. (Use just as much as you need. Too much will make the crust soggy.)

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

Top with the **Black Beans** and cooked kale. Sprinkle the **Cheese & Cherries** on top and bake until the crust is golden and the cheese is melted, about 15 to 20 minutes. Enjoy!

Keep an eye on the pizza as it cooks. If the kale is turning too brown, turn the heat down.

Love this recipe? #meezmagic

Instructions for two servings.

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

Mediterranean Grilled Cheese

10 *Minutes to the Table*

5 *Minutes Hands On*

1 Whisk *Super Easy*

Getting Organized

EQUIPMENT

Non-Stick Skillet

FROM YOUR PANTRY

2 Tbsp Butter or
Vegetable Oil

3 MEEZ CONTAINERS

Sourdough Bread
Mozzarella &
Tomatoes
Artichoke Pesto

Good to Know

Health Snapshot per serving

562 Calories, 19g Fat, 59g Carbs, 38g Protein
17 Smart Points

Lightened up snapshot (1 slice of bread)

432 Calories, 15g Fat, 30g Carbs, 14 Smart Points

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

INGREDIENTS: Whole Wheat Sourdough Bread, Mozzarella, Artichoke Hearts, Parmesan, Olive Oil, Sundried Tomato, Lemon Juice, Parsley, Spices

meezmeals

1. Getting Organized

Heat 1 Tbsp of butter or oil in a non-stick skillet over medium heat.

2. Make the Sandwich

Spread the **Artichoke Pesto** on both slices of **Sourdough Bread**.

Place one piece of bread in the pan (pesto-side up) and top with the **Mozzarella & Tomatoes**, keeping them toward the middle of the bread.

Top with the second slice of bread (pesto-side down) and press down gently.

Allow the bread to cook until brown, about 1 to 2 minutes, and then hold the top of the bread and flip. (We do this so nothing falls out of the sandwich). Cook an additional 3 to 4 minutes until the second side is brown. Turn off the heat, cover and let sit for 1 minute. Remove to a plate and serve. Enjoy!

Love this recipe? #meezmagic

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

Buddha Salad Bowl

5 Minutes to the Table

5 Minutes Hands On

Getting Organized

EQUIPMENT

Mixing Bowl

FROM YOUR PANTRY

Salt & Pepper

5 MEEZ CONTAINERS

Bamboo Shoots

Baked Tofu

Cooked Brown Rice

Cabbage & Carrots

Soy-Ginger Aioli

Put It All Together

Toss the **Bamboo Shoots, Baked Tofu, Cooked Brown Rice** and **Cabbage & Carrots** together in a mixing bowl with half of the **Soy-Ginger Aioli**. Mix well, season with salt and pepper and add more aioli to taste.

Good to Know

Health Snapshot per serving

402 Calories, 27g Fat, 28g Carbs, 16g Protein
13 Smart Points

Have Questions?

We're standing by at 773.916.6339

INGREDIENTS: Cabbage, Tofu, Bamboo Shoots, Brown Rice, Carrots, Mayonnaise, Green Onions, Tamari, Brown Sugar, Rice Wine Vinegar, Ginger, Sesame Seeds

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

Health Snapshot

Nut-Crusted Chicken

780 Calories
53 g Protein
44 g Fat
52 g Carbs.
11 g Fiber
344 mg Sod.

22 Smart Points

220% Vit- C
70% Vit. B-6
45% Vitamin A

Udon Noodles with Spicy Beans

420 Calories
20 g Protein
12 g Fat
65 g Carbs.
12 g Fiber
1535 mg Sodium

12 Smart Points

65% Vitamin C
70% Calcium
55% Vitamin A

Kung Pao Steak Tacos

690 Calories
52 g Protein
26 g Fat
64 g Carbs.
12 g Fiber
1161 mg Sod.

22 Smart Points

160% Vitamin C
60% Vitamin A
60% Vitamin B12

Loaded Quesadilla

605 Calories
26 g Protein
29 g Fat
68 g Carbs
7g Fiber
819 mg Sodium

22 Smart Points

304% Vitamin A
167% Vitamin C
73% Folate

Fontina Baked Chicken

550 Calories
54 g Protein
21 g Fat
32 g Carbs.
4 g Fiber
412 mg Sod.

17 Smart Points

245% Vit. A
230% 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.

Chicken

No dates/nuts, half dressing

500 Calories
30 g Fat
15 Smart Points

Udon Noodles

No changes

420 Calories
12 g Fat
12 Smart Points

Tacos

No tortillas, ½ kung pao

500 Calories
25 g Fat
13 Smart Points

Quesadilla

No changes

493 Calories
28 g Fat
18 Smart Points

Chicken

½ the cheese and breadcrumbs
481 Calories,
18g Fat

Health Snapshot

Caper Tilapia with Parsley	Black Beans & Rice	Barbeque Flatbread Pizza	Buddha Salad Bowl	Grilled Cheese
455 Calories	634 Calories	730 Calories	400 Calories	560 Calories
47 g Protein	25 g Protein	38 g Protein	15g Protein	40 g Protein
4 g Fat	17 g Fat	20 g Fat	25 g Fat	20 g Fat
53 g Carbs.	97 g Carbs.	95 g Carbs	30 g Carbs.	60 g Carbs.
4 g Fiber	21 g Fiber	20 g Fiber	5 g Fiber	5 g Fiber
598 mg Sodium	22 mg Sod.	1450 mg Sodium	1170 mg Sodium	1285 mg Sod.
10 Smart Points	17 Smart Points	24 Smart Points	13 Smart Points	17 Smart Points
113% Vitamin C	534% Vitamin A	200% Vitamin A	55% Vitamin A	75% Calcium
20% Iron	72% Folate	60% Calcium	35% Vitamin C	25% Vitamin C
22% Vitamin B-6	69% Vitamin C.	55% Vitamin C	5% Folate	5% Folate

Lighten Up Option

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

Caper Tilapia	Rice Bowl	Pizza	Buddha Bowl	Sandwich
No Changes	No changes	Half the cheese	No changes	1 slice of bread
342 Calories	634 Calories	500 Calories	400 Calories	430 Calories
3 g Fat	17 g Fat	10 g Fat	25 g Fat	15 g Fat
7 Smart Points	17 Smart Points	15 Smart Points	13 Smart Points	14 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.