

Health Snapshot

Summer Risotto	Southwestern Salmon	Baked Eggplant Caprese	Herb Roasted Chicken	Ginger-Soy Aioli Rice Bowl
595 Calories	544 Calories	690 Calories	685 Calories	410 Calories
28g Protein	49 g Protein	22 g Protein	54 g Protein	15 g Protein
13 g Fat	26 g Fat	42 g Fat	15 g Fat	12 g Fat
80 g Carbs.	33 g Carbs g	67 g Carbs	75 g Carbs	61 g Carbs.
7 g Fiber	7 g Fib	13 g Fiber	6 g Saturated Fat	9 g Fiber
917 mg Sod.	745 mg Sodium	451 mg Sodium	800 mg Sodium	646 mg Sod.
19 Smart Points	14 Smart Points	24 Smart Points	18 Smart Points	12 Smart Points
27% Vitamin A	100% Vitamin C	28% Vitamin C	125% Vitamin C	218% Vitamin A
113% Vitamin C	90% Vitamin B6	46% Calcium	2% Vitamin D	27% Vitamin. C
61% Calcium	90% Vitamin B12	33% Folate	69% Vitamin b6	25% Calcium

Lighten Up Option

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

Risotto	Salmon	Baked Eggplant	Roasted Chicken	Rice Bowl
No change	No Changes	No cheese, $\frac{3}{4}$ balsamic glaze	No changes	No changes
465 Calories	544 Calories	593 Calories	685 Calories	410 Calories
10 g Fat	26 g Fat	36 g Fat	15 g Fat	12 g Fat
15 Smart Points	14 Smart Points	20 Smart Points	18 Smart Points	12 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.

Health Snapshot

Chicken Tacos

480 Calories
49 g Protein
10 g Fat
48 g Carbs.
8 g Fiber
265 mg Sodium

12 Smart Points

102% Vitamin C
41% Vitamin A
14% Vitamin B-6

Bistro Steak with Pesto Penne

605 Calories
56 g Protein
26 g Fat
36 g Carbs
7 g Fiber
374 mg Sodium

17 Smart Points

67% Vit. B-12
26% Calcium
182% Vitamin A

Cheddar Strata

470 Calories
29 g Protein
9 g Saturated Fat
12 g Sugars
6 g Fiber
707 mg Sodium

15 Smart Points

30% Vitamin A
42% Calcium
20% Vitamin B-6

Green Quesadilla

270 Calories
10 g Protein
10 g Fat
31 g Carbs.
3 g Fiber
623 mg Sod.

9 Smart Points

57% Vitamin A
26% Calcium
14% Vitamin C

Basil Crunch Salad

560 Calories
25 Protein
42 g Fat
31 g Carbs.
10 g Fiber
1361 mg Sod.

18 Smart Points

76% Vitamin C
127% Vitamin A
61% Calcium

Thai Coconut Kale

200 Calories
6 g Protein
2 g Fat
43 g Carbs.
4 g Fiber
681 mg Sod.

8 Smart Points

490% Vitamin A
314% Vitamin C
20% Calcium

Lighten Up Option

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

Chicken Tacos

No Changes

480 Calories
10 g Fat
12 Smart Points

Bistro Steak

No Changes

605 Calories
26 g Fat
17 Smart Points

Cheddar Strata

No change

470 Calories
9 g Fat
15 Smart Points

Salad

No peanuts

408 Calories
35g Fat
23 Smart Points

Quick Tips

Herb Roasted Chicken with Fingerling Potatoes

65 Min to Table	10 Min Hands On	1 Whisk Super Easy
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Getting Started Preheat oven to 425.

Meal Tip Bacon would make this meal even more delicious.

From Your Pantry You'll need 1/2 Tbsp of flour per serving.

Southwestern Salmon with Fresh Corn Salsa

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

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

Sweet Basil Chicken Tacos with French Style Slaw

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

Leftovers Tip Coleslaw makes a great base for a salad.

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

Bistro Steak with Pesto Penne

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

Meal Tip Cook up to 2 days in advance for an easy dinner or lunch.

Southern Sweet Corn and Cheddar Strata

65 Min to Table	5 Min Hands On	1 Whisk Super Easy
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Getting Started Preheat your oven to 350 and grease your pan.

Omnivore Option Cooked, crumbled bacon or sausage is perfect with this.

From Your Pantry You'll need half & half/milk & butter/cooking spray.


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Ginger-Soy Aioli Rice Bowl

45 Min to Table	15 Min Hands On	1 Whisk Super Easy
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Getting Started Put a saucepan of water on to boil.

Omnivore Option Seared tuna would be delicious with this meal.

Green 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 If you don't love spice, leave the poblanos out.

From your Pantry You'll need some vegetable oil.

Baked Eggplant Caprese

45 Min to Table	10 Min Hands On	1 Whisk Super Easy
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Getting Started Preheat your oven to 425.

Omnivore Option White fish is a great option.

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

Bangkok Basil Crunch Salad

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

Summer Risotto

30 Min to Table	30 Min Hands On	2 Whisks Easy
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Getting Started Preheat your oven to 400. Boil 2 1/4 cups per serving.

Omnivore Option Salmon is a great addition.

Thai Coconut Kale

10 Min to Table	10 Min Hands On	1 Whisk Super Easy
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Getting Started All you'll need is a skillet.

Summer Risotto

Risotto is amazingly versatile. Use winter veggies and it becomes cozy and delicious. Use the best of the summer markets and it tastes like summer on a plate. This week we're celebrating the season with roasted grape tomatoes and sweet corn, finished with nutty Parmesan. It's a classic combination that tastes as good as it looks.

30 Minutes to the Table

30 Minutes Hands On

2 Whisks Easy

Getting Organized

EQUIPMENT

- 2 Saucepans
- Rimmed Baking Sheet

FROM YOUR PANTRY

- Olive Oil
- Salt & Pepper

6 MEEZ CONTAINERS

- Grape Tomatoes
- Corn & White Beans
- Arborio Rice
- White Wine
- Sherry & Herbs
- Parmesan

Make The Meal Your Own

Omnivore's Option – Salmon is a wonderful choice with this risotto. Bake or broil it separately, serve it over the risotto and pour the final sherry vinegar drizzle over everything.

Risotto has a reputation for being tricky, but it's easier than it looks. The key is to add the water in increments so that the rice can absorb it while it cooks.

Good To Know

If you're making the vegan version, we've left the cheese out of your meal. Add a few extra grinds of black pepper to add a little bite to the finished dish.

Health snapshot per serving – 595 Calories, 28 g Protein, 7 g Fiber, 19 Smart Points.

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

INGREDIENTS: Grape Tomatoes, Arborio Rice, Corn, Great Northern Beans, White Wine, Parmesan, Sherry Vinegar, Maple Syrup, Garlic, Herbs

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1. Getting Organized

Preheat your oven to 400. Bring 4 ¼ cups of water to a boil and then reduce to a simmer.

2. Roast the Vegetables

Put the **Grape Tomatoes** and **Corn & White Beans** on a rimmed baking sheet. Drizzle with olive oil, season with salt and pepper and bake until the tomatoes burst and the beans and corn are starting to brown, about 20 to 25 minutes.

Stir the vegetables once or twice while they are cooking.

3. Make the Risotto

While the vegetables are roasting, heat 1 Tbsp olive oil in a heavy saucepan over medium heat. Add the **Arborio Rice** and cook, stirring, for one minute. Add the **Sherry & Herbs** and cook for 2 minutes.

Add the **White Wine** and about a cup of your simmering water to the rice and stir. Let it cook until the water is below the level of the rice, about 3 to 5 minutes. Add another cup of water and repeat until you've used up most or all of the water and the rice is nice and creamy, about 20 minutes total.

Chef Max says, "Do not stir vigorously, a gentle treatment makes for a better end result".

Remove the risotto from the heat. Gently stir in the roasted vegetables and **Parmesan**. Season with salt and pepper to taste.

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

Good To Know

Health snapshot per serving – 545 Calories, 26g Fat, 49g Protein, 33g Carbs, 14 Smart Points

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

INGREDIENTS: Responsibly Fished Salmon, Cauliflower, Corn, Grape Tomatoes, Olive Oil, Cilantro, Lime Juice, Apple Cider Vinegar, Spices

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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

Baked Eggplant Caprese

You can't get much more traditional than baking eggplant with tomatoes, basil and lots of melty cheese. But since this is Meez, our version is easier, healthier and fresher than traditional eggplant Parmesan. The secret is freshly sautéed grape tomatoes on top, a bed of cannellini beans underneath and a balsamic drizzle over top. Yum!

45 *Minutes to the Table*

10 *Minutes Hands On*

1 Whisk *Super Easy*

Getting Organized

EQUIPMENT

Baking Sheet
Large Skillet
Casserole Dish

FROM YOUR PANTRY

Olive Oil
Salt & Pepper

6 MEEZ CONTAINERS

Eggplant
Tomatoes
Basil Garlic Oil
Cannellini Beans
Mozzarella & Parmesan
Balsamic Glaze

Make The Meal Your Own

Cooking with a picky eater? Serve their eggplant with their favorite tomato sauce and melted cheese.

Good To Know

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

Health snapshot per serving – 690 Calories, 42g Fat, 22g Protein, 67g Carbs, 24 Smart Points

Lightened up snapshot – 593 Calories, 36g Fat and 20 Smart Points with no cheese and $\frac{1}{4}$ of the balsamic glaze.

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

INGREDIENTS: Eggplant, Cannellini Beans, Grape Tomatoes, Mozzarella Cheese, Olive Oil, Parmesan Cheese, Balsamic Vinegar, Brown Sugar, Basil, Garlic

meez *meals*

1. Getting Organized

Preheat your oven to 425.

2. Bake the Eggplant

Rub both sides of **Eggplant** with olive oil and season with salt and pepper. Spread out on a baking sheet and bake in the oven until the edges begin to brown and the center softens, about 20 minutes.

Eggplant sucks up olive oil like a sponge, so use a light touch and move fast.

3. Make the Tomato Sauce

While the eggplant is cooking, heat 2 Tbsp of olive oil in a large skillet over medium-high heat. When it's nice and hot, add the **Tomatoes** and cook until they turn golden brown in places and a few of them have started to split, about 5 minutes. Add the **Basil Garlic Oil**, and cook until the garlic starts to turn golden and the sauce is fragrant, about 1 to 2 minutes. Crush the tomatoes until the mixture looks like a sauce.

While crushing the tomatoes, be careful of splattering tomato juice. It's very hot!

4. Bake the Casserole

In the bottom of a casserole dish, spread the **Cannellini Beans** in an even layer. Layer on the eggplant, then the tomato sauce and finally top with **Mozzarella & Parmesan**. Bake until the cheese starts to brown, about 20 to 25 minutes.

Make sure you choose a pan big enough to arrange the eggplant in a single layer. You want an even cook.

Serve drizzled with **Balsamic Glaze** over top. Enjoy!

Love this recipe? #meezmagic

Instructions for two servings.

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

Herb-Roasted Chicken with Fingerling Potatoes

We're putting a fresh spin on classic roast chicken this week. With fingerling potatoes, cremini mushrooms, fresh herb rub and hands-free white wine sauce, it's a sophisticated one-pan dinner we just love. (Did we mention it's just 10 minutes hands on?)

65 Minutes to the Table

10 Minutes Hands On

1 Whisk Super Easy

Getting Organized

EQUIPMENT

Deep Casserole Dish or
Roasting Pan

FROM YOUR PANTRY

1 Tbsp Flour
Olive Oil
Salt & Pepper

6 MEEZ CONTAINERS

Chicken Thighs
Fingerling Potatoes
Mushrooms
Red Onion
Herbs & Garlic
White Wine Sauce

Make The Meal Your Own

Everything is better with bacon. Chef Max likes to dice slab bacon and add it to the roasting pan with the onions and mushrooms. The extra fat makes for decadent, flavorful vegetables.

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

Health snapshot per serving – 685 Calories, 15g Fat, 54g Protein, 75g Carbs, 18 Smart Pts

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

INGREDIENTS: Cage-Free Chicken Thighs, Fingerling Potatoes, Cremini Mushrooms, White Wine, Red Onion, Capers, Heavy Cream, Garlic, Miso, Herbs and Spices

meez meals

1. Getting Organized

Preheat your oven to 425 degrees.

2. Prep the Chicken and Potatoes

Pat the **Chicken Thighs** dry with a towel. If the chicken skin has bunched in places, pull it evenly over the chicken thighs so that it lays flat.

This step ensures that the chicken skin gets nice and crispy.

Cut the **Fingerling Potatoes** in half lengthwise.

3. Roast the Chicken

In a roasting pan or deep casserole dish, toss the chicken thighs, potatoes, **Mushrooms**, **Red Onion** and **Herbs & Garlic** with 2 Tbsp olive oil, ½ tsp salt and ¼ tsp pepper. Arrange the vegetables on the bottom of the pan and set the chicken thighs on top. Roast until the chicken skin is beginning to brown and crisp, about 40 to 45 minutes.

4. Finish the Sauce

Remove from the oven and sprinkle 1 Tbsp flour over everything. Return to the oven for 5 minutes. Remove again, toss well and add the **White Wine Sauce** to the pan. Stir well to incorporate.

When you stir the sauce, mix in any dry pockets of flour.

Return the pan to the oven and cook until the chicken is brown and crispy and the sauce is thick and bubbling, about 8 to 10 minutes.

Love this recipe? #meezmagic

Instructions for two servings.

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

Ginger-Soy Aioli Rice Bowl

We're hooked on Chef Max's ginger-soy aioli. He first wowed us with it in a bento burrito, and it was so tasty we asked him to bring it back in a rice bowl. The result was this gem. We're cooking up edamame, carrots and red peppers, and then tossing them with Himalayan red rice and the famous aioli. It's a Japanese-style rice bowl your family will love.

45 Minutes to the Table

15 Minutes Hands On

1 Whisk Super Easy

Getting Organized

EQUIPMENT

Large Skillet
Saucepan

FROM YOUR PANTRY

Olive Oil
Salt & Pepper

5 MEEZ CONTAINERS

Himalayan Red Rice
Edamame
Mixed Sesame Seeds
Vegetable Mix
Ginger-Soy Aioli

Make The Meal Your Own

Make Ahead Tip – Cook the rice up to 2 days in advance. When you're ready to eat, start with step 3, making sure to cook the rice with the veggies for an extra few minutes to reheat it.

Omnivore's Option – Seared tuna would be tasty on this. Serve over the rice bowl with an extra dollop of aioli on top.

Good To Know

Health snapshot per serving – 410 Calories, 12g Fat, 61g Carbs, 15g Protein, 12 Smart Points

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

INGREDIENTS: Edamame, Himalayan Red Rice, Carrots, Snow Peas, Mayonnaise, Water Chestnuts, Green Onions, Tamari, Sesame Seeds, Brown Sugar, Ginger, Garlic

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1. **Getting Organized**

Put a saucepan of water on to boil

2. **Cook the Rice**

Add a generous pinch of salt to the boiling water and add the **Himalayan Red Rice**. Cook until the rice is fluffy, about 20 to 25 minutes, then drain and return to the pot. Cover and set aside for 5 minutes.

We set the rice aside for 5 minutes after draining so the rice will steam.

3. **Stir Fry the Vegetables**

While the rice is cooking, heat 2 Tbsp of olive oil in a large skillet over high heat. Add the **Edamame** and cook for 5 minutes, then add the **Vegetable Mix** and cook until the snow peas are bright green, 5 to 7 minutes.

Add the cooked rice to the pan and mix well, then remove from the heat. Add half of the **Ginger-Soy Aioli** and mix well. Serve topped with **Mixed Sesame Seeds** and remaining aioli.

Love this recipe? #meezmagic

Instructions for two servings.

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

Sweet Basil Chicken Tacos with French Style Slaw

A delicious spin on a chicken taco. We're cooking cage-free chicken in an Asian inspired sauce, then pairing it with a French-style crunchy broccoli and cabbage slaw. All packed into a taco, it's sure to become a household favorite.

30 Minutes to the Table

20 Minutes Hands On

1 Whisk Super Easy

Getting Organized

EQUIPMENT

- Mixing Bowl
- Medium Saucepan with Lid
- Small Skillet (optional)

FROM YOUR PANTRY

- Olive Oil
- Salt & Pepper

5 MEEZ CONTAINERS

- Cabbage & Carrots
- Coleslaw Dressing
- Chicken Breast
- Sweet Basil Sauce
- Tortillas

Make The Meal Your Own

Picky eater tip – Mix the carrots and cabbage with the saucy chicken instead of the coleslaw dressing.

Leftovers tip - Coleslaw makes a great base for a salad. Mix it with your favorite greens and veggies to create a whole new meal.

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

Good To Know

Health snapshot per serving – 480 Calories, 10g Fat, 49g Protein, 48g Carbs, 12 Smart Points

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

INGREDIENTS: Cage-Free Chicken, Corn Tortillas, Cabbage, Broccoli, Carrot, Mirin, Mayonnaise, White Wine Vinegar, Brown Sugar, Tamari, Apple Cider Vinegar, Lemon Juice, Basil, Garlic, Spices

meez meals

1. Make the Coleslaw

In a mixing bowl, toss the **Cabbage & Carrots** with the **Coleslaw Dressing**. Season with salt and pepper to taste. Place in the refrigerator until ready to eat.

2. Prep the Chicken

Place the **Chicken Breast** on a cutting board. 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). Using a sharp knife, cut the chicken breast evenly into strips, about ¼" to ½" wide.

3. Cook the Chicken

Heat 1 Tbsp of oil in a medium saucepan over high heat. Add the chicken strips and cook until starting to color on the bottom and sides, about 2 to 4 minutes. Flip the chicken and cook until no longer pink, 2 to 4 more minutes.

Add the **Sweet Basil Sauce** and ½ cup of water to the pan. Reduce heat to medium, cover and cook until chicken is cooked through and tender, about 4 to 6 minutes.

4. Heat the Tortillas

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

5. Put It All Together

Serve the tacos filled with sweet basil chicken topped with coleslaw. Enjoy!

The easiest way to tell if the chicken is fully cooked is to use tongs or two forks to see if it pulls apart. If it does, it's done.

Love this recipe? #meezmagic

Instructions for two servings.

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

Bistro Steak with Pesto Penne

An Italian classic. We're tossing sirloin steak with a creamy basil pesto. With sautéed spinach, mushrooms and whole grain penne, it's a meal we can't stop eating.

25 Minutes to the Table

20 Minutes Hands On

1 Whisk *Super Easy*

Getting Organized

EQUIPMENT

Saucepan
Mixing Bowl
Skillet

FROM YOUR PANTRY

Olive Oil
Salt & Pepper

6 MEEZ CONTAINERS

Whole Grain Pasta
Basil Pesto Cream
Mushrooms
Sirloin
Spinach
Parmesan

Make The Meal Your Own

This dish is delicious cold and can be made in advance. Cook everything up to 2 days in advance and then use as a grab-and-go lunch or as a simple, no-cook weeknight dinner.

Picky Eater Tip – The mushrooms are packaged separately, so you can serve them just to the diners who love them.

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 –6051 Calories, 56g Protein, 26g Fat, 36g Carbs, 17 Smart Points

Lightened up snapshot – 500 Calories, 20g Fat and 15 Smart points if you use ¾ of the sauce and no parmesan on top.

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

INGREDIENTS: Sirloin Steak, Spinach, Cremini Mushrooms, Whole Grain Pasta, Parmesan, Heavy Cream, Basil, White Wine, Lemon Juice, Garlic

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1. Get Organized

Put a saucepan of water on to boil.

2. Cook the Pasta

Add the **Whole Grain Pasta** to the boiling water and cook until al dente, about 7 to 9 minutes. Drain and return to the saucepan. Stir half of the **Basil Pesto Cream** into the warm pasta to coat.

3. Brown the Mushrooms

While the pasta is cooking, heat 1 Tbsp oil in a large skillet over high heat. Add the **Mushrooms** and cook, stirring occasionally, until golden brown, about 3 to 5 minutes. Remove the mushrooms to a bowl.

4. Cook the Steaks

Return the now-empty skillet to the stove with 1 tsp oil over high heat. While the skillet is heating, pat the **Sirloin** 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 sirloin. 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.

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. Cook the Spinach

Return the skillet to the stove over medium heat. Add the **Spinach** and cook until lightly wilted, about 2 minutes.

6. Put It All Together

Serve the pasta topped with spinach, mushrooms and sliced steak. Sprinkle the **Parmesan** over the top and drizzle with extra pesto cream to taste.

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

Southern Sweet Corn and Cheddar Strata

Stratas are one of our favorites hands-free dinners – just layer your ingredients and the oven does all the work for you. We're making this Southern-style strata with local sourdough, corn, scallions and a cheddar and Parmesan cheese mix. The best part? The leftovers are perfect for brunch the next day. (Don't be scared off by the long cook time on this one. It's just 5 minutes of hands-on cooking and can be made in advance.)

65 Minutes to the Table

5 Minutes Hands On

1 Whisk Super Easy

Getting Organized

EQUIPMENT

Loaf Pan or 10x10
Casserole Dish
Mixing Bowl

FROM YOUR PANTRY

Salt & Pepper
Butter or
Cooking Spray
1 ½ cups Milk or
Half & Half

4 MEEZ CONTAINERS

Sourdough Bread
Corn & Scallions
Cheddar & Parmesan
Egg Mix

Make The Meal Your Own

This is a great make-ahead dinner. Prepare the strata ahead of time, and reheat it for 10 minutes at 350 when you are ready to eat.

Dedicated omnivores can add cooked, crumbled bacon or sausage along with the corn.

Looking for a brunch idea? This is a delicious breakfast as well. Add some sausage to give it a breakfast feeling.

Want to boost the veggies in this dish? Cherry tomatoes, sliced zucchini and diced sweet potatoes are all delicious additions.

Good To Know

A note on pan size – To keep the strata moist, Chef Max likes to make his in a narrow, deep pan, like a loaf pan. You can also build your strata in a shallower 10x10 casserole dish, but start checking it a bit earlier, as it may cook faster.

Health snapshot per serving – 470 Calories, 29g Protein, 6g Fiber, 15 Smart Points.

INGREDIENTS: Corn, Eggs, Sourdough Bread, White Cheddar Cheese, Green Onion, Parmesan Cheese, Mayonnaise

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1. Getting Organized

Preheat your oven to 350 degrees and grease your pan using butter or cooking spray.

2. Assemble the Strata

Put 1/3 of the **Sourdough Bread** on the bottom of the pan. Layer 1/3 of the **Corn & Scallions** on top of the bread and then layer with 1/3 of the **Cheddar & Parmesan**. Repeat these layers two more times – bread, corn, cheese – until you've used up your ingredients.

Open the **Egg Mix** and pour into a mixing bowl. Add 1 ½ cups milk or half & half. Season with two pinches of Kosher salt and up to ½ tsp of black pepper. Pour the egg mixture into the pan as evenly as possible.

3. Bake the Strata

Bake the strata until the eggs are set and it's brown on top, about 55 to 60 minutes. Slice and serve. Enjoy!

You can adjust the black pepper amount based on your preferences. Chef Max likes the full ½ tsp, but if you're not a black pepper fan, go with just a pinch or two.

Love this recipe? #meezmagic

Instructions for two servings.

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

Green 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

Poblano Peppers

Tortillas

Spinach & Bean

Spread

Chihuahua

Cheese

Good to Know

If you don't love spice, you can leave the poblanos out of the quesadilla. It will still be delicious without them.

Health Snapshot per serving 270 Calories, 10g Fat, 31g Carbs, 10g Protein 9 Smart Points

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

INGREDIENTS: Flour Tortillas, Poblano, Chihuahua Cheese, Great Northern Beans, Spinach, Half and Half, Spices

meezmeals

1. Getting Organized

Preheat your oven to 400.

2. Roast the Poblanos

Toss the **Poblano Peppers** with 1 Tbsp of oil and spread in a single layer on a baking sheet. Roast until the peppers are just starting to brown, about 7 to 10 minutes. Remove to a bowl or plate.

3. Build the Quesadilla

Oil the now-empty 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 **Spinach & Bean Spread** on the tortilla and then top with half of the **Chihuahua Cheese** and all of the poblanos. Sprinkle the remaining cheese on top of the poblanos. 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, about 6 to 8 minutes. Flip the quesadilla, and cook an additional 3 to 4 minutes. Cut into wedges and serve. Enjoy!

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

Bangkok Basil Crunch Salad

5 Minutes to the Table

5 Minutes Hands On

Getting Organized

EQUIPMENT

Mixing Bowl

FROM YOUR PANTRY

Salt & Pepper

4 MEEZ CONTAINERS

Asian Veggies

Organic Tofu

Bangkok Basil

Dressing

Peanuts

Put It All Together

Put the **Asian Veggies** into a large mixing bowl with the **Organic Tofu** and half of the **Bangkok Basil Dressing**. Add salt and pepper and more dressing to taste. Serve topped with the **Peanuts** and enjoy!

Good to Know

Health Snapshot per serving

560Calories, 25g Protein, 42g Fat, 10g Fiber 18 Smart Points

Lightened up Snapshot- 408 Calories, 35g Fat, 23 Smart Points with no Peanuts

Have Questions?

We're standing by at 773.916.6339

INGREDIENTS: Organic Tofu, Cabbage, Carrots, Sugar Snap Peas, Peanuts, Vegetable Oil, Rice Wine Vinegar, Tamari, Brown Sugar, Basil, Ginger, Sesame Oil, Garlic

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

Thai Coconut Kale

10 Minutes to the Table

10 Minutes Hands On

Getting Organized

EQUIPMENT

Skillet

FROM YOUR PANTRY

Salt & Pepper

Olive Oil

3 MEEZ CONTAINERS

Kale

Coconut

Sweet Chili Sauce

Put It All Together

Heat 1 Tbsp olive oil in a large skillet over high heat. Cook the **Kale** in batches (about 3 total) until lightly browned, about 2 minutes per batch (6 minutes total). Once the kale is wilted, add the **Coconut** and cook until it starts to brown, about 2 more minutes, stirring frequently. Add the **Sweet Chili Sauce** and cook for one minute, then serve.

Good to Know

Health Snapshot per serving (serves 2)

200 Calories, 6g Protein, 2g Fat, 4g Fiber
Smart Points

8

Have Questions?

We're standing by at 773.916.6339

INGREDIENTS: Kale, Sweet Chili Sauce, Coconut

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